

CLASS STRENGTH WITH CLASS™ STRENGTH WITH

501F1T™



TOTAL BODY CYCLING

BENEFITS

State of the Art Studio | High Energy Atmosphere
Unique Fusion Programming | **Skilled Instructors**
Burn Calories | KrankCycles | Real Ryder Bikes
Convenient Class Times | Top Notch Equipment
30, 45, 60, 90 Minute Class Times | **Relieve Stress**
Improve Your Cardiovascular Health | Low impact
Tone Your Muscles | Lower & Upper Body Spinning
Increase Your Energy | **Improve Cardio Endurance**
Increase Your Core Strength | Cross Training Style
Year Round | Have Fun | **Feel Good** | Look Great
Improve Upper/Lower Body Balance | All Inclusive
All Physical Fitness & Skill Levels Welcome!

501FIT and independent program owner
Dawn Doll team up to provide complementary
small group cycling classes at 501FIT.

501SPIN PROGRAM INFORMATION

SCHEDULE, RESERVE & PURCHASE

www.mindbodyonline.com

Client Finder Business Name = 501SPIN
Studio Id = 11808

Or, use the embedded link @ www.501fit.com

CLASS PACKAGES

40 credits \$200.00 = \$10.00 per hour class
30 credits \$180.00 = \$12.00 per hour class
20 credits \$150.00 = \$15.00 per hour class
10 credits \$85.00 = \$17.00 per hour class

Single half hour \$10.00 | Single hour \$20.00

30, 45, 60 & 90 Minute Classes Available
1 credit = 30 minutes

501SPIN CLIENTS @ 501FIT

- ✓ 501FIT Gym membership contract not required
- ✓ Nominal one-time set up fee for cycling credentials
- ✓ Access to locker room, lockers, work-out towels
- ✓ Shower passes available for an additional cost
- ✓ Access to full facility requires gym membership
- ✓ Bring personal lock to secure belongings
- ✓ Convenience food/beverage products for purchase

PARKING

- 2-Hour Parking @ Gateway Ramp \$1.00
- Ample City Meters Available @ \$1.00/Hour
- Outside Pay Lot behind Building
- Parking in Caribou Coffee Lot not allowed

FOR MORE INFORMATION

1. INQUIRE WITHIN 501FIT WWW.501FIT.COM
2. EMAIL INFO@501FIT.COM
3. CALL 612.767.4415

Experience the Benefits of Small Group
STRENGTH & SP1N at 501F1T

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WERX. **GROUP**

STRENGTH
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