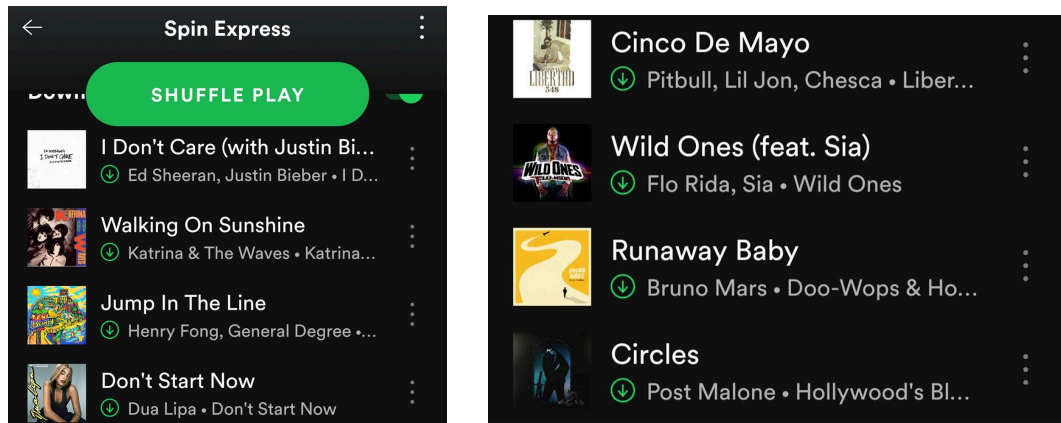


Spin Workout – May 15th 2020

This Spin workout can be modified to be used on a Treadmill or Elliptical if you have one at home. It can also be used for an outdoor Bike ride. The playlist used can be seen below. See our Facebook Page for full video workout.



Disclaimer

Please remember, it is advised that you or any of your family members that may also be joining this class, consult your physician before starting any exercise program, especially if you have any known medical conditions or are pregnant. If you experience any dizziness or feel faint

during this class, please stop immediately. We are not able to assume liability for any incident or injury. Prior to participating in a this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the "Get Active Questionnaire of the Canadian Society of Exercise Physiology and its reference document. Simply click on the links below.

http://www.csep.ca/CMFiles/GAQ_CSEPPATHReadinessForm_2pages.pdf

http://www.csep.ca/CMFiles/publications/GAQ_ReferenceDoc_2pages.pdf