

Decatur Athletic Club Spin Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		Spin		Spin			
6:00 AM	Spin	Spin	Spin	Spin	Spin		
8:00 AM						Spin	Spin
8:30 AM	Spin		Spin		Spin		
4:30 PM				Spin			
5:30 PM	Cyclone Spin	Spin					

Decatur Athletic Club IndoRow Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						Rowing	
9:00 AM		Rowing		Rowing			
5:30 PM	Rowing						

What is IndoRow?

IndoRow has been dubbed “The Perfect Calorie Burn”! IndoRow utilizes 84% of your muscle mass with ZERO IMPACT. This is a **full– body workout** that emphasizes 60% from your legs, 20% from your core, and 20% from your arms.

Muscle groups worked include:

Abdominals, Biceps, Rhomboids, Trapezius, Latissimus Dorsi, Lower Back, Gluteals, Hamstrings, Quadriceps, Calves and Soleus. Rowing classes are typically 40 minutes long and consist of “Skills and Drills”, “Waves”, Recovery and , finally, Races. **There will be a \$5.00 no-show fee for those who have a reservation and do not cancel an hour before class.**

What is Spin?

Spinning sessions are designed to be a great cardiovascular workout for everyone, whether you are a beginner to the fitness program or an experienced cyclist. Set to music, the sessions are led by our certified SPIN instructors. Our unique spin studio is designed for the experience of spinning and accommodates up to 20 riders. There is no charge for Spin. You must sign up prior to class to reserve your bike. Sign-up at the Front Desk or through the DAC app no longer than one day prior to the class. **There will be a \$5.00 no-show fee for those who have a reservation and do not cancel an hour before class.**

Rowing and Spinning Etiquette

There will be a \$5.00 no-show fee for those who have a reservation and do not cancel an hour before class.

- Bikes/Rowers may be reserved 24 hours before class
- You may only sign up for yourself
- Spinning and rowing classes are approximately 45 minutes long
- Members, please arrive to class at least 5 minutes prior to pick up your lanyard from the Front Desk, set up your bike in the Spin studio, and be ready to go when class begins
- New Spinners/Rowers should arrive 15 minutes prior to class to allow time for proper set-up and instructions from the Spin Instructor
- You may reserve your Bike/Rower using your lanyard prior to class and use other areas of the facility until class time
- Bikes/Rowers may not be held for friends
- After class begins, please keep talking to a minimum so everyone can receive instruction and enjoy the class
- For the safety of our Members, lighting is based on the Instructor’s discretion
- If you are on the reservation list, your Bike/Rower will be held until 5 minutes after class has started. At that point, your bike/rower will be given to a waiting list Member

For more information about spinning or IndoRow please contact:

Heidi Reynolds—DAC Fitness Director

DAC

Spin/Row

These classes are included with membership, but require sign-up prior to class start time in order to reserve a spot in the class.



1010 West South Side Drive

Decatur, Illinois 62521

P: 217-423-7020

F: 217-423-7562

www.decaturationathleticclub.com

For more information about our Row/spin Department contact:

Heidi Reynolds—DAC Fitness Director