

Instructors

**Darcie Adams
Angela Amedio
Sabrina Krouse
Robin Fleischer
Brenda McCullen
Jodi Feulner**



SPINNING

**Duanesburg Area
Community Center**

**221 Victoria Drive
Delanson, NY 12053
Phone: 518-895-9500
Fax: 518-895-9501
E-mail: dadams@dacc.info**

**SPIN
PARTY**

**Book Your Party
Today**



DACC 221 Victoria Drive Delanson, NY 12053

Party & Packages

You can pick the instructor of your choice (availability), the music type or specific song or two. You can make a dedication that the instructor will announce at the party. You have the option to be seated up front on a stage with the instructor. We will provide a bottle of water and a healthy snack per participant.

Packages to select from:

1. 60 min Spin
2. 45min Spin/15min Core
3. 45min Spin/15min Lower body sculpt
4. 45min Spin/15min Upper body sculpt
5. 45min Spin/15min Stretch

Select Spin portion

- Strength
- Endurance
- Intervals

Pricing

Nonmembers—\$140

Members—\$120

Need an advance notice of 2 weeks before scheduled party. Payment in full is due at time of reservation. No Refunds/No Transfers . All parties are booked for groups of 12 only. No prorated price for less participants. Nor can spectators roam the room while party (on bikes) is in session. Must be 16 years or older.

Any Time is Time for a Party

- Birthday
- Specialty Group
- Anniversary
- Any Holiday
- Just Because

Ready to Ride

You will need comfortable workout clothes. Nothing with wide bellbottom pant legs. Something close to the ankle or shorter. A bottle or two of water (one will be provided) a hand towel and a sense of adventure. Heart rate monitors are preferred, but are optional. Shoes made with a very stiff sole enable powerful pedal strokes. Cycling shoes, mountain bike shoes or any stiff sole athletic shoe will provide stability and promote efficiency on the bike. At this time we do not have SPD cleat clip ins on our participants bikes. (hope to have a few in the near future)

Whichever you select of our straight or combo rides, there is a SPINNING Party waiting for YOU at the DACC