

# Get set Spin!



**ALL**  
Spinning  
classes plus  
gym use and  
swimming **£25**  
a month

# Zest fitness


Call for details  
**028 9334 1818**



[www.newtownabbey.gov.uk/Sixmile](http://www.newtownabbey.gov.uk/Sixmile)

## Johnny G Spinning Classes

AGE GROUP	TIME	TUTOR	DURATION
<b>Monday</b>			
16+	9:30am-10:30am	C. Clugston	Weekly
16+	18.00-19.00	J. Child	Weekly
16+	19.00-20.00	J. Child	Weekly
<b>Tuesday</b>			
16+	18.00-19.00	A McBurney	Weekly
16+	19.00-20.00	A McBurney	Weekly
<b>Wednesday</b>			
16+ Beginners	18.00-19.00	C McClean	Weekly
16+	19.00-20.00	A Wilson	Weekly
<b>Thursday</b>			
16+	18.00-19.00	S Goudy/J Child	Weekly
16+	19.00-20.00	S Goudy/J Child	Weekly
<b>Friday</b>			
16+	09.30-10.30	C Clugston	Weekly
16+	17.00-18.00	S Goudy/J Child	Weekly
16+	18.00-19.00	S Goudy/J Child	Weekly
<b>Saturday</b>			
16+	10.00 - 11.00	C. McClean	Weekly
<b>Sunday</b>			
16+	12.00 - 13.00	S Goudy	Weekly

 These classes are included in the Zest Fitness direct debit scheme.

# Zest fitness