

**BEACHWOOD CHAMBER OF COMMERCE:**

**GROUP EXERCISE CLASSES**

**Number of Participants: Individual (classes hold up to 40 people)**

**Thursday, March 19<sup>th</sup>**

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**Rules:**

1. Individuals must continuously be moving during a group exercise classes
2. Scoring based on number of continuous active minutes and distance travelled on spin bikes.
3. Tennis shoes and workout clothes required, no jeans

**POINTS YOGA CLASS:**

5-10 minutes	=	1point
11-15minutes	=	2 points
16-20 minutes	=	6 points
21-30 minutes	=	10 points

**POINTS SPINNING CLASS:**

3-5 miles	=	1 point
6-8 miles	=	2 points
9-11 miles	=	6 points
12+ miles	=	10 points

Note: classes will be lead by MJCC certified instructors and music will be played.