

New Zealand's first outdoor spinning experience
21 storeys high with breathtaking 360° views!

17 October 2009

Waldorf Apartments Hotel
6-12 St. Martin's lane, Grafton
Auckland City

sky spin

An exciting and challenging cardiovascular program designed
to simulate a road ride using stationary bikes
- a total mind and body experience!

Bikes provided by BlueFitness
Energy Drinks/Supplements
Certified Spinning Instructors
Media Coverage
Spinning Prizes
DJ Javed

Book online at www.klrbodyarchitect.co.nz

TIMETABLE:

9:00am - 10:00am	\$40	SkySpin 'Launch' - Kristy Robertson / Peter Yeoman
10:30am - 12:00pm	\$40	SkySpin 'Journey' - World music - Spinning Master Instructor Peter Yeoman
12:45pm - 1:45pm	\$40	SkySpin 'Funk' - Hip Hop/dance/Rhythm - Kristy Robertson
2:15pm - 3:30pm	\$40	SkySpin Campus Recreation 'Team G-Fitness' - Mixed Terrain
4:00pm - 5:00pm	\$40	SkySpin 'Alter ego' - Express yourself in Costume - Team Teach
5:30pm - 7:00pm	\$40	SkySpin 'Extreme' - Mixed Hardcore - Peter Yeoman Team Teach
7:30pm - 9:00pm	\$55	SkySpin 'Night Rider' - Live DJ - Team Teach



Peter Yeoman
International Presenter
& Spinning Master
Instructor



Kristy Robertson
Fitness Co-ordinator
Personal Trainer
SkySpin Event Organiser

Mercy Hospice Charity Fundraiser
New York Marathon Fundraising event -
all money raised is going to the
Mercy Hospice Auckland

KLR BodyArchitect
STRENGTH FORM PULSE
Kristy Robertson
FITNESS CO-ORDINATOR/PERSONAL TRAINER

Lucozade
ENERGY
HORLEYS

SPINNING
BLUE FITNESS