



Instructor Highlight

EMILY ALLEN

Hello! I'm Emily Allen. My two children and I have been members at Deer Lake for three years, and we love that it feels like we are among family here. I have been part of the spinning program since April 2024. If you are interested in a high intensity cardio workout, paired with enjoyable music, give this class a shot! I aim to keep things fun by taking song or artist requests, and using themes every few weeks. Some examples from the past include our Rock N' Aerobic (Speed) Ride, Punk Power, High Intensity Interval Halloween, and a Freestyled Taylor Swift theme. Hope to see you in one of my classes soon.

**MONDAYS AT 5:30PM
OR
SATURDAYS AT 8:30AM**

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