

SPINNING® Schedule

Arcadia Branch

December 18 - January 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					SPINNING® <i>Kelly</i> 7:30 - 8:15	
SPINNING® <i>Anna Lisa</i> 8:45 - 9:30	SPINNING® FLEX <i>Chris</i> 9:15-10:15	SPINNING®/Core <i>Anna Lisa</i> 8:45 - 9:45	SPINNING® FLEX <i>Kim</i> 8:45 - 9:45	SPINNING® <i>Anna Lisa</i> 8:45 - 9:30		SPINNING® <i>Kim</i> 8:15-9:00
SPINNING® <i>Kim</i> 5:15 - 6:00	SPINNING® <i>Chris</i> 5:45-6:30	SPINNING® <i>Kim</i> 5:15 - 6:00	SPINNING® <i>Kelly</i> 6:15-7:00			



Spinning classes are available to Y Members FREE and are a value added benefit of YMCA membership. Reservations for bikes can be made 24 hours in advance by phone, or in person, at the Welcome Center desk. Please call to cancel as soon as possible if you cannot participate in a reserved class. 401-539-2306.

Participants should arrive at least 10 minutes prior to the start of class. Bikes will not be held for late comers. Ten minutes before the start of class, all vacant bikes will be reassigned.