



SPINNING® & CYCLE SCHEDULE

Westerly-Pawcatuck Branch 401-596-2894

AUGUST 28 - OCTOBER 22, 2017

All schedules can be found on our website: oceancommunityymca.org

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------------------|--|--|---|--|---------------------------------------|
| 5:30-6:15AM DANA | 5:30-6:15AM ANNE | 5:30-6:15AM ANNE | 5:30-6:15AM JESSICA | 5:30-6:30AM JESS or KATHLEEN <i>SPIN INTERVALS</i> | | |
| 7:00-7:45AM KATHLEEN | | 7:00-7:45AM KATHLEEN <i>SPIN INTERVALS</i> | | 7:00-7:45AM KATHLEEN <i>SPIN INTERVALS</i> | 7:30-8:15AM MARY ELLEN | |
| 8:15-9:00AM TRISH | 8:15-9:00AM TRISH | 8:15-9:00AM TRISH | 8:00-8:45AM POLLY | 8:00-8:45AM MICHELE | 8:30-9:30AM TARA MASTER SPIN | 8:30-9:15AM INSTRUCTOR ROTATION |
| 9:15-10:00AM BARBARA | 9:15-10:00AM DIANE | 9:15-10:00AM BARBARA | | 9:15-10:00AM DIANE | | |
| 10:30 - 11:30AM PEDALING for PARKINSON'S | | 10:30 - 11:30AM PEDALING for PARKINSON'S | | 10:30 - 11:15AM SARAH | 11:00A-12:00P STACEY <i>SPIN INTERVALS</i> | |
| | 3:45-4:30PM DALY | | 3:45-4:30PM DALY | | | |
| | | | 4:45-5:15PM KATHLEEN FAMILY SPIN | | | |
| Bring together the whole family for a fun ride in Family Spin! | | | | | | |
| 5:30-6:15PM MICHELE | 5:30-6:15PM MARY ELLEN | | 5:30-6:15PM MARY ELLEN | <div style="border: 2px solid blue; border-radius: 20px; padding: 10px; background-color: #00b09b; color: white;"> <p><u>NEW TO SPIN?</u></p> <p>No Worries! Just arrive 5-10 minutes before the start of class so the instructor can help you get set up on your bike.</p> </div> | | |
| 6:30-7:15PM DOUG | | | | | | |
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*KIDS SPIN classes are for children ages 8-13 provided they fit on the Spinning Bikes \$ = Paid Class. See Welcome Center to register.

REVISED 09/05/2017

ALL Spin Classes are inclusive with an Ocean Community YMCA membership. Spin Classes are for Ocean Community YMCA Members ONLY

Reservations for bikes can be made the day prior to the class by phone or in person at the Welcome Center. 401-596-2894 (no voice mails please)

Please call to cancel as soon as possible if you cannot participate in the class you signed up for. Bikes will not be saved for late participants.

Arrive 5-10 minutes prior to the start time. Once class has begun, the instructor reserves the right to close admission to the spin room for safety purposes.

Bikes will not be saved for late participants. Members may register themselves and one other person for a class.

SCHEDULE IS SUBJECT TO CHANGE

REMEMBER TO RESERVE YOUR BIKE!