



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING® & CYCLE SCHEDULE

FALL I (SEPTEMBER 4 – OCTOBER 28)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|-------------------------------------|--|-------------------------------------|---|--|----------------------------------|
| <p>ALL Spin Classes are inclusive with an Ocean Community YMCA membership. Spin Classes are for Ocean Community YMCA Members ONLY</p> <p>*KIDS SPIN classes are for children ages 8-13 provided they fit on the Spinning Bikes \$ = Paid Class. See Welcome Center to register.</p> <p>Reservations for bikes can be made 24hrs prior to the class by phone or in person at the Welcome Center. (no voice mails please)</p> <p>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.</p> <p>Bikes will not be saved for late participants.</p> | 5:30-6:15 Dana | 5:30-6:15 Anne | 5:30-6:15 Anne | 5:30-6:15 Dana | 5:30-6:15 Dana / Kathleen (Spin Intervals) | | |
| | 7:00-7:45 Kathleen | | 7:00-7:45 Kathleen (Spin Intervals) | | 7:00-7:45 Kathleen (Spin Intervals) | 7:30-8:15 Mary Ellen/Tara | |
| | 8:15-9:00 Trish | 8:15-9:00 Trish | 8:15-9:00 Trish | 8:15-9:00 Polly | 8:00-8:45 Michele | 8:30-9:30 Tara (Masters Spin) | 8:30-9:15 Instructor Rotation |
| | 9:15-10:00 Barbara | 9:15-10:00 Diane | 9:15-10:00 Barbara | | 9:15-10:00 Diane | | |
| | 10:30-11:30 PEDALING FOR PARKINSONS | | 10:30-11:30 PEDALING FOR PARKINSONS | | | 11:00-12:00 Stacey (Spin Intervals) | |
| | | 3:45-4:30 Daly/Barbara | | | | | |
| | | | | 4:45-5:15 Kathleen (Family Spin) | | | |
| | 5:30-6:15 Michele | 5:30-6:15 Mary Ellen | 5:30-6:15 Jennifer | 5:30-6:15 Mary Ellen | | | |
| | 6:30-7:15 Doug | 6:30-7:15 Spin Intervals Jess | | 6:30-7:15 Jess | | | |

SCHEDULE SUBJECT TO CHANGE – REVISED 08.03.2018

OCEAN COMMUNITY YMCA

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