

SPINNING® & CYCLE SCHEDULE

FALL I (OCTOBER 15 – 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>	5:15-6:00 Pam	5:45-6:30 Nancy	5:15-6:00 Jen		5:15-6:00 Jen		
<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>				8:15-9:00 Kris-Anne			
<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>	9:30-10:30 Kris-Anne		9:45-10:30 Dorothy		9:15-9:55 Cheryl	9:00-10:00 Karina/Nicole	9:00-10:00 Elizabeth
<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>	5:00-5:45 Kris-Anne	5:00-5:55 Elizabeth	5:00-5:55 Jen (Intervals)		5:00-6:00 Nicole		
		6:00-7:00 (Abs Challenge) Cheryl	6:00-6:45 Elizabeth				

Bikes will not be saved for late participants.

SCHEDULE SUBJECT TO CHANGE – REVISED 10.4.2018

