

# NAIK FAMILY YMCA

## SPINNING® & CYCLE SCHEDULE

FALL II (OCTOBER 29 – DECEMBER 23)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ALL Spin Classes are inclusive with an Ocean Community YMCA membership. Spin Classes are for Ocean Community YMCA Members ONLY	5:15-6:00 Pam	5:45-6:30 Nancy	5:15-6:00 Jen		5:15-6:00 Jen		
			6:30-7:15 Jasmine (Epic Spin)				
*KIDS SPIN classes are for children ages 8-13 provided they fit on the Spinning Bikes \$ = Paid Class. See Welcome Center to register.					7:45-8:15 (Spin Express) Sarah		
	8:30-9:15 Heather		8:30-9:30 Heather	8:15-9:00 Kris-Anne		8:00-8:55 Tri-Training Jen	8:00-8:45 Heather
Reservations for bikes can be made 24hrs prior to the class by phone or in person at the Welcome Center. (no voice mails please)	9:30-10:30 Kris-Anne	9:00-10:00 Karina	9:45-10:30 Dorothy		9:30-10:30 Cheryl	9:00-9:55 Karina/Elizabeth	9:00-9:55 Elizabeth
		10:15-11:00 Cheryl	11:30-12:00 (Spin Break) Dorothy			10:00-11:00 Bill	10:00-10:45 (Kids Spin) Elizabeth
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.			4:00-4:45 (Kids Spin) Jasmine	4:00-4:45 (Kids Spin) Jasmine			
	5:00-5:45 Kris-Anne	5:00-5:55 Elizabeth	5:00-5:55 Jen (Intervals)	5:00-5:55 Bill	5:00-5:55 Alternating Instructors		
Bikes will not be saved for late participants.	6:00-7:00 Heather	6:00-7:00 (Abs Challenge) Cheryl	6:00-6:45 Elizabeth	6:00-6:45 Jasmine (Intro to Spin)			

SCHEDULE SUBJECT TO CHANGE – REVISED 11.7.2018