



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPINNING® & CYCLE SCHEDULE

SPRING I (FEBRUARY 26 – APRIL 22)

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 24hrs prior to the class by phone or in person at the Welcome Center. (no voice mails please)

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	
	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 Sarah					
				4:45-5:15 Kathleen (Family Spin)			
	5:30-6:15 Michele	5:30-6:15 Mary Ellen	5:30-6:15 Jen	5:30-6:15 Mary Ellen			
	6:30-7:15 Doug						

SCHEDULE SUBJECT TO CHANGE – REVISED 03.02.2018

**OCEAN COMMUNITY YMCA**  
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