



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING® & CYCLE SCHEDULE

SUMMER I (JULY 2 – JULY 29)

	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 *KIDS SPIN classes are for children ages 8-13 provided they fit on the Spinning Bikes \$ = Paid Class. See Welcome Center to register. 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.	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 Stacey (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				
	5:30-6:15 Michele	5:30-6:15 Mary Ellen	5:30-6:15 Anne/Sarah	5:30-6:15 Stacey			
	6:30-7:15 Doug	6:30-7:15 Jess					

SCHEDULE SUBJECT TO CHANGE – REVISED 06.18.2018