

NAIK FAMILY BRANCH

SPINNING® & CYCLE SCHEDULE

SPRING I (FEBRUARY 25 – APRIL 21)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 Pam	5:45-6:30 Nancy	5:15-6:00 Jen		5:15-6:00 Jen		
			7:00-7:45 Jasmine (Intervals)			
8:30-9:15 Heather	8:00-8:50 Kyla (Soul)	8:30-9:30 Heather	8:15-9:00 Kris-Anne	8:30-9:25 Tara		8:00-8:45 Heather
9:30-10:30 Heather	9:00-9:55 Karina	9:45-10:30 Dorothy	9:05-9:30 Kyla (HIIT)	9:35-10:20 Cheryl	9:05-9:55 Karina/Elizabeth	9:00-9:55 Elizabeth
					10:05-11:00 Bill	
5:00-5:45 Cheryl	5:00-5:55 Elizabeth	5:00-5:55 Jen	5:00-5:55 Bill			
6:00-6:45 Kris-Anne	6:05-7:00 Cheryl (Abs)					

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.

Subject to change-Revised 3.11.201