



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING® & CYCLE SCHEDULE

WINTER (JANUARY 2ND – FEBRUARY 24TH)

	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>	5:30-6:15 Dana	5:30-6:15 Anne	5:30-6:15 Anne	5:30-6:15 Dana	5:30-6:30 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/Tara	
<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 Trish	8:15-9:00 Trish	8:15-9:00 Trish	8:15-9:00 Polly	8:15-9:00 Michele	8:30-9:30 Tara (Masters Spin)	8:15-9:00 Instructor Rotation
	9:15-10:00 Barbara	9:15-10:00 Diane	9:15-10:00 Barbara	9:15-9:45 Trish	9:15-10:00 Diane		
<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>	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 Daly/Barbara					
<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>	5:30-6:15 Michele	5:30-6:15 Mary Ellen	5:30-6:15 Jennifer	5:30-6:15 Mary Ellen	5:30-6:15 Aphthen		
		6:30-7:15 Spin & Weights Jess		6:30-7:15 Spin & Weights Jess			

SCHEDULE SUBJECT TO CHANGE

OCEAN COMMUNITY YMCA

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