

NAIK FAMILY YMCA

SPINNING® & CYCLE SCHEDULE

WINTER I (JANUARY 2 – FEBRUARY 24)

	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		
		7:00-7:45 Jasmine (Intervals)		7:00-7:45 Jasmine (Intervals)			
*KIDS SPIN classes are for children ages 8-13 provided they fit on the Spinning Bikes \$ = Paid Class. See Welcome Center to register.	8:30-9:15 Heather		8:30-9:30 Heather	8:15-9:00 Kris-Anne	8:30-9:25 Tara	8:00-8:55 Tri-Training Jen	8:00-8:45 Heather
	9:30-10:30 Heather	9:00-9:55 Karina	9:45-10:30 Dorothy		9:35-10:30 Cheryl	9:05-9:55 Karina/Elizabeth	9:00-9:55 Elizabeth
Reservations for bikes can be made 24hrs prior to the class by phone or in person at the Welcome Center. (no voice mails please)		10:05-10:50 Cheryl				10:05-11:00 Bill	
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.	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		
	6:00-7:00 Kris-Anne	6:05-7:00 (Abs Challenge) Cheryl		6:05-6:45 Jasmine (Intro to Spin)			
Bikes will not be saved for late participants. <i>SCHEDULE SUBJECT TO CHANGE – REVISED 1.3.2019</i>							