



SPINNING® Schedule

Arcadia Branch

Summer 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING CLASSES						
SPINNING® <i>Chris</i> 9:00-9:45	SPINNING® <i>Chris</i> 9:00-9:45	SPINNING® <i>Chris</i> 9:00-9:45	SPINNING® <i>Kim</i> 9:00-9:45	-		SPINNING® <i>Kim</i> 8:30-9:15
EVENING CLASSES						
SPINNING® <i>Kim</i> 5:30 - 6:15	SPINNING® <i>Kristin</i> 5:30-6:15	SPINNING® <i>Kim</i> 5:30 - 6:15	SPINNING® <i>Kristin</i> 5:30-6:15			



Spinning classes are available to Y Members FREE and are a value added benefit of YMCA membership. Reservations for bikes can be made 24 hours in advance by phone. **At this time our classes are limited to 5 participants spaced at 14 ft. apart for safety reasons.** Please call to cancel as soon as possible if you cannot participate in a reserved class. 401-539-2306.

** Note: Phone messages after hours cannot guarantee spin bikes. Participants should arrive no earlier than ten minutes before the start of class.