



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING® & CYCLE SCHEDULE

SUMMER (JUNE 17TH – SEPTEMBER 1ST)

	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	5:30-6:15 Dana	5:30-6:15 Anne	5:30-6:15 Anne	5:30-6:15 Dana	5:30-6:30 Dana / Kathleen (Spin Intervals)		
*KIDS SPIN classes are for children ages 8-13 provided they fit on the Spinning Bikes \$ = Paid Class. See Welcome Center to register.	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	
	8:15-9:00 Trish	8:15-9:00 Trish	8:15-9:00 Trish	8:15-9:00 Polly	8:15-9:00 Barbara	8:30-9:30 Tara/Nataschia (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 (Spin Express)	9:15-10:00 Diane		
Reservations for bikes can be made 24hrs prior to the class by phone or in person at the Welcome Center. (no voice mails please)	10:30-11:30 PEDALING FOR PARKINSONS Michele		10:30-11:30 PEDALING FOR PARKINSONS Polly				
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.		5:30-6:15 Mary Ellen	5:30-6:00 Aphten (Spin Express)				
Bikes will not be saved for late participants. <i>SCHEDULE SUBJECT TO CHANGE</i>		6:30-7:15 Spin & Weights Jess		6:00-6:45 Spin & Weights Jess			