

NAIK FAMILY BRANCH

SPINNING® & CYCLE SCHEDULE

SUMMER (JUNE 17 – SEPTEMBER 15)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|---|-----------------------|--|----------------------|-----------------------------------|------------------------|
| 5:15-6:00 Tim | 5:45-6:30 Nancy | 5:15-6:00 Jen | 5:15-6:00 Tim | 5:15-6:00 Jen | | |
| | | | | | 7:00-8:00 Rotating Instructors | |
| 8:30-9:15 Heather | 8:00-8:50 Kyla (Soul) | 8:30-9:30 Heather | 8:00-8:50 Kyla | | | 8:00-8:45 Heather |
| 9:30-10:20 Heather | 9:00-10:00 Karina | 9:45-10:30 Dorothy | | 9:30-10:20 Stacey | 9:00-9:55 Rotating Instructors | 9:00-9:55 Elizabeth |
| | *10:30-11:30 Marc (Pedaling for Parkinson's) | | *10:30-11:30 Yolla (Pedaling for Parkinson's) | | | |
| 5:00-5:45 Cheryl | | | 5:00-6:00 Billi-Jean | | | |
| | 6:00-7:00 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)

*Indicates a registered class

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 5.24.2019