



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING® & CYCLE SCHEDULE

SPRING I (FEBRUARY 26 – APRIL 22)

	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> <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> <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> <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> <p>Bikes will not be saved for late participants.</p>	5:30-6:15 Dana	5:30-6:15 Anne	5:30-6:15 Anne	5:30-6:15 Carolyn	5:30-6:15 Jess / 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	7:45-8:15 Carolyn (Spin HIIT)
	8:15-9:00 Trish	8:15-9:00 Trish	8:15-9:00 Trish	8:15-9:00 Polly	8:00-8:45 Michele	8:30-9:30 Tara (Masters Spin)	8:30-8:45 Instructor Rotation
	9:15-10:00 Barbara	9:15-10:00 Diane	9:15-10:00 Barbara		9:15-10:00 Diane		
	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 Sarah					
				4:45-5:15 Kathleen (Family Spin)			
	5:30-6:15 Michele	5:30-6:15 Mary Ellen	5:30-6:15 Jen	5:30-6:15 Mary Ellen			
	6:30-7:15 Doug						

SCHEDULE SUBJECT TO CHANGE – REVISED 02.09.2018

OCEAN COMMUNITY YMCA

95 High Street, Westerly, RI 02891

P (401) 596-2894 oceancommunityymca.org