



Central YMCA's Spinning Schedule

January 9 – April 16

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45AM			Spin® John V.		Spin® John V		
7:30-8:30AM							Spin® Marlene
8:30-9:30AM			Spin® Lisa		Spin® Janet		
9:00-10:00AM		Spin® Lisa		Spin® Maureen		Spin® Chris	Spin® Janice
12:00-1:00PM			Spin® Bob				
1:30-2:30PM	Spin® Jason						
4:30-5:30PM			Spin® Chris				
5:30-6:30PM		Spin® Shannon		Spin® Chris	5:00-5:45 Spin® Express Lynn	Spin® Pammy	
6:15-7:15PM			Spin® Marlene		Spin® Melanie		
6:45-7:45PM		Spin® Mary Jo					

Pay **ONE FEE** each month and Spin at **BOTH** Central and Davis Family Y facilities!

Unlimited Monthly Spins: Members-\$10/Non-Members-\$55 per month

- **Bike Reservation:** First come, first serve—no bike reservations required—no spinning card responsibilities—please refrain from reserving bikes for others who arrive later than you.
- First-time spinners should report to the Spinning Room 15 minutes early in order to make appropriate adjustments to the bike.
- Special Rides February 1-4: **Go Red for Women**, Heart Health Month Rides – Wear Red

Experience a challenging, exhilarating and fun workout with knowledgeable and inspiring Certified Spinning Instructors — the core of Spinning. They will lead you through a workout that simulates riding outside. Be sure to bring water, a towel and headphones to class.