



Central YMCA's Spinning Schedule

May 1st – July 31st, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45AM		John V.		John V			
8:00-9:00AM						Marlene (First class 5/6/17)	
8:30-9:30AM		Lisa		Janet			
9:00-10:00AM	Lisa		Maureen		Chris		
12:00-1:00PM		Bob					
1:30-2:30PM							
4:30-5:30PM		Chris					
5:30-6:30PM	Shannon		Chris	5:00-5:45 Spin® Express Lynn	Pammy		
6:15-7:15PM				Melanie			
6:30-7:30PM		Marlene					
6:45-7:45PM	Mary Jo						

Pay ONE FEE each month and you can 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 to make appropriate adjustments to the bike.
- Please sign the attendance book
- Please bring headphones, a water bottle and towel.



Davis YMCA's Spinning Schedule

May 1 – July 31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30AM	Janet		Janet		Lisa		
8:30-9:30AM	Melanie		Melanie		Mary Jo	Liz	
9:30-10:30AM		Liz		Lisa			
10:00-11:00AM						Robert	
1:30-2:30PM							Bob
4:30-5:30PM					Candace/Melanie Until the end of May		
5:30-6:30PM	Chris		Candace H.				
6:00-7:00PM		Robert		Robert			

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