



SPINNING SCHEDULE

Effective July 22-August 31, 2024

REQUIRED ITEMS INCLUDE: WATER BOTTLE, TOWEL, AND HEADPHONES

Bikes are available on a first-come, first-serve basis.

*Note that no spinning towels will be available.

DAVIS FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 AM	Lisa/Janet		Janet		Lisa/ Candace	
8:00-9:00 AM				Lisa		Stephanie
8:15-9:00 AM		Marisa				
8:30-9:30 AM	Melanie		Melanie		Janet 45 min class	SUNDAY
1:30-2:15 PM						Sarah
4:45-5:30 PM	Stephanie					
6:00-6:45 PM			Candace			
6:30-7:15 PM		Ashleigh		Mary Jo		

CENTRAL YMCA

BLACK BOX IS BACK AT THE CENTRAL Y

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 AM		John		John		
8:00-9:00 AM						Marlene
8:30-9:30 AM		Lisa 50 min class		Sandy	Melanie 45 min class	
4:30-5:15 PM		Sandy		Lynn		
5:30-6:30 PM	Chris		Pammy			

Updated 07/19/24