



SPINNING SCHEDULE

Effective February 1-28, 2025

REQUIRED ITEMS FOR SPINNING 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		Candace		Lisa	
8:00-9:00 AM		Corky		Lisa		Stephanie
8:30-9:30 AM	Melanie		Melanie		Marisa 45 min class	
1:30-2:15 PM						
4:45-5:30 PM	Stephanie					
6:00-6:45 PM			Candace			
6:30-7:15 PM		Ashleigh		Mary Jo		

CENTRAL YMCA

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