



SPINNING SCHEDULE

NOVEMBER 2025

REQUIRED ITEMS FOR SPINNING INCLUDE:
WATER BOTTLE, TOWEL, AND HEAD PHONES
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	JANET		JANET		LISA	
8:00-9:00 AM		SARAH 45 MIN CLASS		LISA	SARAH 45 MIN CLASS	STEPHANIE
8:30-9:30 AM	MELANIE		MARISA			
4:45-5:30 PM	STEPHANIE					
5:00-5:45 PM		RACHEL				
6:00-6:45 PM			CANDACE			
6:15-7:00 PM				MARY JO/ RACHEL		

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			