



SPINNING SCHEDULE

MAY 2026

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 | SUNDAY* |
|--------------|-----------|-----------------------|-----------|--------------------|-----------------------|-----------|--|
| 5:30-6:30 AM | JANET | | JANET | | LISA | | |
| 8:00-9:00 AM | | | | LISA | | STEPHANIE | CHRIS T. *18+ WITH 24/7 MEMBERSHIP |
| 8:30-9:30 AM | MELANIE | SARAH 45 MIN CLASS | MARISA | | SARAH 45 MIN CLASS | | |
| 4:45-5:30 PM | STEPHANIE | | | | | | |
| 5:00-5:45 PM | | RACHEL | | | | | |
| 6:00-6:45 PM | | | MARLENE | | | | |
| 6:30-7:30 PM | | | | MARY JO/ RACHEL | | | |

*SUNDAY 8AM SPINNING CLASS IS FOR MEMBERS 18+ WHO HAVE SIGNED A WAIVER IN ADVANCE FOR 24/7 ACCESS

CENTRAL YMCA

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|---------|----------------------|-----------|----------|-------------------------|----------|
| 5:45-6:30 AM | | JOHN | | JOHN | | |
| 8:00-9:00 AM | CANDACE | | | | | 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 | | | |