

Tour de Spin 2026

July Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CENTRAL Y			1 Regular Classes 8:30am Lynn 5:30pm Pammy	2 5:45am John* 8:30am Sandy* (*do NOT count for K/O) Kick Off Spin CENTRAL Y 5 & 6 PM	3 <u>Stage 1</u> 8:30am Melanie	4 NO CLASSES! Happy 4 th of July!
5	6 <u>Stage 3</u> 8:30am Candace 5:30pm Chris	7 <u>Stage 4</u> 5:45am John 8:30am Lisa 4:30pm Stephanie	8 <u>Stage 5</u> 8:30am Lynn 5:30pm Pammy	9 <u>Stage 6</u> 5:45 am John 8:30 am Sandy 4:30 pm Lynn	10 <u>Stage 7</u> 8:30am Melanie	11 <u>Stage 8</u> 8:00am Marlene
12	13 <u>Stage 9</u> 8:30am Candace 5:30pm Chris	14 <u>Stage 10</u> 5:45am John 8:30am Lisa 4:30pm Sandy	15 <u>Stage 11</u> 8:30am Lynn 5:30pm Pammy	16 <u>Stage 12</u> 5:45am John 8:30am Sandy 4:30pm Lynn	17 <u>Stage 13</u> 8:30am Melanie	18 <u>Stage 14</u> 8:00am Marlene
19	20 <u>Stage 15</u> 8:30am Candace 5:30pm Chris	21 <u>Stage 16</u> 5:45am John 8:30am Lisa 4:30pm Sandy	22 <u>Stage 17</u> 8:30am Lynn 5:30pm Pammy	23 <u>Stage 18</u> 5:45am John 8:30am Sandy 4:30pm Lynn	24 <u>Stage 20</u> 8:30am Melanie	25 <u>Stage 21</u> Finale: 8 & 9 am Davis Family Y

**ALL CLASSES will be held in the Central Y Spinning Room
(except 8:30 AM on Wednesday which will be in the group ex room with limited bikes)**

Make sure to bring wired headphones & water to ALL classes!

Outdoor Rides

Wednesdays, July 8, 15 & 22 at 6pm (All levels welcome)

Meet at Experimental Farm by 5:45pm. MUST have helmet.

RSVP to Sandy Manley at 330-727-3408