

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

SPINNING® Class Schedule

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN 6:00 AM Larry		SPIN 6:00 AM Larry		SPIN 6:00 AM Lee	Weight Loss Challenge Begins March 8 Sign up Today	
SPIN 8:15 AM Cindy	SPIN 8:15 AM Deidre	SPIN 8:15 AM Scott	SPIN 8:15 AM Cindy	SPIN 8:15 AM Scott	SPIN 8:15 AM Cindy	
SPIN 9:30 AM Susie	SPIN 9:30 AM Anna	SPIN 9:30 AM Terry	SPIN 9:30 AM Anna	SPIN 9:30 AM Laura	SPIN 9:30 AM Lea	
SPIN 10:30 AM Terry		SPIN 10:30 AM Tiel		SPIN 10:30 AM Deidre / Tiel	SPIN 10:45 AM Kelly	
SPIN 12:00 PM Stacey		Introduction to Spinning Saturday, March 20th 12:00 – 12:45 pm				
SPIN 4:30 PM Deidre	SPIN 4:30 PM Gabby		SPIN 4:30 PM Lea	Introduction to Pilates/yoga Saturday, March 27th 11:45 am – 12:30 pm		SPIN 4:00 PM Gabby
SPIN 5:45 PM Gabby	SPIN 5:45 PM Karen	SPIN 5:45 PM Laura	SPIN 5:45 PM Susie	SPIN 5:30 PM Gabby		
SPIN 6:45 PM Deidre		SPIN 6:45 PM Keri	Women on Weights Begins March 8th Sign up Today!			

You must pick up a Spinning Pass (in person) at the Member Service desk up to one hour prior to class start time. ONLY Members of YMCA of the Palms will receive standard passes. All others will receive STAND BY passes.

Please bring a **water bottle and towel** to class with you.
 Minimum age for all Spinning classes is 13.
 Plan to arrive 5-10 minutes prior to class.
 If unfamiliar with our bikes, allow 15 minutes.



Greater Naples YMCA
 5450 YMCA Rd | Naples, FL 34109
 Telephone: (239) 597-3148
 Fax: (239) 597-8415

www.ymcapalms.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.