

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

SPINNING® Class Schedule

July 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN 6:00 AM Larry		SPIN 6:00 AM Larry		SPIN 6:00 AM Lee	4 th of July Regular Class Schedule YMCA open 8:00 – 1:00	
SPIN 8:15 AM Cindy	SPIN 8:15 AM Susan		SPIN 8:15 AM Cindy		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 Mandy	
SPIN 12:00 PM Stacey	Dog Days of Summer Spinning Marathon Saturday, July 11 th – 8:30 to 11:30 Sign up at Member Services Desk					
SPIN 4:30 PM Susan	SPIN 4:30 PM Gabby		SPIN 4:30 PM Lea	Noon Classes! Spinning, Pilates, Group Training See schedules for details		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 Mandy				

You must pick up a Spinning Pass (in person) at the Member Service desk up to one hour prior to class start time.

Please bring a **water bottle and towel** to class with you.
Plan to arrive 5-10 minutes prior to class.
If unfamiliar with our bikes, allow 15 minutes.



Greater Naples YMCA
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www.ymcapalms.org



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