



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY Spinning Schedule

January 1 holiday hours – 8am-6pm with limited classes January 18 – Quarterly launch of new music and choreography

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am	Endurance Sandy		Interval Ruth Ann		Strength Sandy		
7-7:45am		Recovery Sue		Recovery Sue			
8:30-9:15am			Interval Lisa/Ruth Ann				
9-9:45am	Strength Lisa				Endurance John		
10:30-11:30am						Instructor's Choice 9:30-10:30am Sandy/Lisa/Bruce	
3-3:45pm							Endurance Bruce
4:30-5:15pm	 Audrey			 TBA	Strength Sandy		
5-5:45pm		 Audrey					
5:15-6pm			Strength Lisa				
6-6:45pm	Interval Diane			Endurance Bruce			
6:30-7:15pm		Strength Ruth Ann/Bruce					

= Instructor is a LIVESTRONG® certified coach.

About Spinning

- Spinning is an intense aerobic exercise involving stationary bikes, music and a motivating group instructor.
- During the class, you will vary your pace, position and resistance under the guidance of the group instructor.
- Spinning is an excellent aerobic exercise that burns calories, works your heart and builds leg strength and stamina.
- RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high

Class Policy

- Sign up an hour before class in order to reserve your bike. It is a first come first serve policy. Sign up at the front desk.
- Make sure you bring water with you. We do sell bottled water at the vending machines by the locker rooms.
- Come to class 15 minutes before class begins. In the beginning, you will need 5-10 minutes to get comfortable setting up the bike to fit your body (seat adjustment, handle bars and wheel tension). Ask the instructor for assistance if you are unsure about how to properly set up your bike. It is important that you are set up correctly in order to make your ride safe. Please tell the instructor if you are a beginner! Beginners welcome in ALL classes.
- After class, we require you to clean your bike. Please turn the resistance completely off and fully extend the seat and handlebars. Once you have done this, wipe down the seat, handlebars, and extended bars with the cleaner provided.
- **We must have at least 4 participants in our class in order to hold class.**



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