

SUMMERVILLE FAMILY YMCA – DOWNTOWN – JANUARY 2019
INDOOR CYCLING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45 SPIN TRACY	6:00 - 7:00 SPIN ANGELA	6:00 - 6:45 SPIN SUZANNE	6:00 - 7:00 CYCLE DAVID	6:00 - 7:00 CYCLE DAVID	9:00 - 10:00 CYCLE SYLKE	1:15 - 2:15 SPIN ANGELA
8:15 - 9:30 SPIN & CORE SUZANNE	9:30 - 10:30 SPIN LUCINDA	8:15 - 9:15 SPIN SARAH	9:30 - 10:30 SPIN CELESTIA	8:15 - 9:15 CYCLE BOOTCAMP DANIELLE	8:00 - 10:00 JANUARY 12th ENDURANCE RIDE REGISTER @ THE FRONT DESK	
12:15-1:15 CYCLE & STRENGTH DANIELLE		12:15-1:15 CYCLE/YOGA DANIELLE/APRIL				
5:45-6:45 SPIN JOYCE	5:30-6:30 SPIN KAREN	5:30-6:30 CYCLE SYLKE	5:30-6:30 SPIN AMY			



PLEASE BRING WATER TO ALL CLASSES
 *** FIRST TIME PARTICIPANTS***
 Please arrive 10 (ten) minutes early for instructions.

TWEEN/TEEN PARTICIPATION

11 & 12 year olds that are at least 4'10" can participate in the class **with** their parent.

13 & 14 year olds that are at least 4'10" can participate **without** their parent.

15-17 year olds that are at least 4'10" can participate in the class.

If there is room after the start of class, then other adults can participate in the class.

****Kindly refrain from conversation while the class is in session. ****

****This can be distracting to the instructor as well as other participants in the class. ****