



# RYE YMCA SPINNING CLASS SCHEDULE

SESSION IV: April 16-June 18, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45 AM <b><u>SPINNING</u></b> Rich	5:45-6:45 AM <b><u>SPINNING</u></b> Phil	5:45-6:45 AM <b><u>SPINNING</u></b> Caryn	5:45-6:45 AM <b><u>SPINNING</u></b> Rich	5:45-6:45 AM <b><u>SPINNING</u></b> * Rich/Caryn		
	<b><u>SPIN-STRONG</u></b> 7:00-7:30 AM (Spin Studio) 7:30-7:55 AM (Group ex studio- core/strength training) Caroline		<b><u>SPIN-STRONG</u></b> 7:00-7:30 AM (Spin Studio) 7:30-7:55 AM (Group ex studio- core/strength training) Caroline		7:15-8:15 AM <b><u>SPINNING</u></b> Laura	
	8:00-9:00 AM <b><u>SPINNING</u></b> Denise		8:00-8:50 AM <b><u>SPINNING</u></b> Laura M			
8:30-9:20 AM <b><u>SPINNING</u></b> Caroline		8:30-9:20 AM <b><u>SPINNING</u></b> Denise		8:30-9:20 AM <b><u>SPINNING</u></b> Laura	8:30-9:30 AM <b><u>SPINNING</u></b> Sally	8:30-9:30 AM <b><u>SPINNING</u></b> Laura
9:30-10:20 AM <b><u>SPINNING</u></b> Caroline/Jenn	<b>9:30-10:30 AM</b> <b><u>SPINNING</u></b> Denise	9:30-10:30 AM <b><u>SPINNING</u></b> Caroline	9:30-10:30 AM <b><u>SPINNING</u></b> Laura M	9:30-10:20 AM <b><u>SPINNING</u></b> Sally	<b>9:45-10:45 AM</b> <b><u>SPINNING</u></b> Gina	<b>9:45-10:45 AM</b> <b><u>SPINNING</u></b> Rosemary
			<b>TEEN SPIN</b> 4:15-5:00 PM Laura L	10:30-11:30 AM <b><u>SPINNING</u></b> Jenn	Bring Plenty of Water for hydration during class	
5:30-6:20 PM <b><u>SPINNING</u></b> Martha	5:30-6:20 PM <b><u>SPINNING</u></b> Peter	5:30-6:20 PM <b><u>SPINNING</u></b> Martha	5:30-6:20 PM <b><u>SPINNING</u></b> Peter			
6:30-7:30 PM <b><u>SPINNING</u></b> Angela	6:30-7:30 PM <b><u>SPINNING</u></b> Angela	6:30-7:30 PM <b><u>SPINNING</u></b> Katie	6:30-7:30 PM <b><u>SPINNING</u></b> Katie	<b>6:00-7:00 PM</b> <b><u>FRIDAY NIGHT SPIN</u></b> Angela	<b>* Instructors Will Alternate Each Week</b>  <b>CLASSES ARE HELD IN SPINNING STUDIO</b>	
7:35-8:35 PM <b><u>SPINNING</u></b> Caryn		7:35-8:35 PM <b><u>SPINNING</u></b> Caryn				