

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

SPINNING® Class Schedule

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN 6:00 AM Larry		SPIN 6:00 AM Larry		SPIN 6:00 AM Lee	Olympic Fitness Challenge Begins Feb. 15 Get Your Team Together Now	
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, February 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, February 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	Dr. Caroline Cederquist Hormones / Weight Gain Friday, February 19th 10:30 AM Sign Up at Member Services Desk - FREE			

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
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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.