



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP CLASSES: SPINNING STUDIO

YMCA OF THE PALMS

Spinning Studio Class Schedule: February 2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Please make sure to:</p> <ul style="list-style-type: none"> • Pick up a Spinning Pass. To attend a Spinning class, you need to have a Spinning Pass, which you can pick up (in person) at the Member Service desk up to one hour prior to the start of class. YMCA members are given priority and will receive standard passes. Guests and visitors are welcome to try a class but will be given a Stand-By Pass and will most likely be accommodated. • Bring a water bottle and towel to class with you. • Arrive 5-10 minutes prior to class if you're familiar with Spinning and our bikes. If you're not, please allow 15 minutes. <p>Questions?</p> <ul style="list-style-type: none"> • Please ask any Y staff member – we're here to help! • Send an e-mail to fitness@ymcapalms.org • Check out more information about our Spinning classes on the back of this schedule. 	6:00 am SPIN Amy		6:00 am SPIN Larry		6:00 am SPIN Deidre		
	8:15 am SPIN Cindy	8:15 am SPIN Deidre	8:15 am SPIN Scott	8:15 am SPIN Patrick	8:15 am SPIN Scott	8:15 am SPIN Cindy	
	9:30 am SPIN Susie	9:30 am SPIN Anna	9:30 am SPIN Amy	9:30 am SPIN Anna	9:30 am SPIN Laura	9:30 am SPIN Lea	
	10:30 am SPIN Amy		10:30 am SPIN Deidre		10:30 am SPIN Patrick	10:45 am SPIN Amy	
	12:00 pm SPIN Stacey						
	4:30 pm SPIN Susan	4:30 pm SPIN Gabby	4:30 pm SPIN Amy				4:00 pm SPIN Gabby
	5:45 pm SPIN Gabby	5:45 pm SPIN Karen	5:45 pm SPIN Laura	5:45 pm SPIN Susie	5:30 pm SPIN Gabby		
	6:45 pm SPIN Tiel		6:45 pm SPIN Kelly				

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5450 YMCA Rd, Naples, FL 34109

P 239 597 3148 F 239 597 8415 W www.ymcapalms.org



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Welcome to Spinning®!

So that everyone can have the best Spinning® experience possible:

Plan to arrive early enough to make your stops and still arrive in the Spinning studio at least 5 minutes prior to class start time.

- Having a pass does not guarantee that you will have a bike if you are late to class. Empty bikes will be given to anyone with a Stand By pass just before class start time.

Pick up your Spinning pass in person at the Member Services Desk. (YMCA of the Palms members have priority access to our classes – our guests are welcome to take a Stand By pass and will most likely be accommodated.)

If you are new to Spinning or are not familiar with our bikes please plan to arrive 10-15 minutes prior to class and allow our instructors to help you with the bike set up that will keep you injury free and pedaling strong.

If you arrive late, and class has started, please do not enter the class in progress. It is important to have everyone in class on time so that:

- The instructor has a chance to check your bike set up.
- You have the opportunity to complete the warm up, which is critical to injury prevention and a good workout!
- Others have the opportunity to ride without disruption.

If you choose to do back-to-back classes please attend the second class as a Stand By in order to give all of our members and participants access to this program.

For the safety and consideration of all our members and guests, please note the following regulations:

- SPINNING class participants must be at least 13 years old.
- Water, in a sports-type bottle, is mandatory for participation.
- Please bring a towel with you to class.
- Heart rate monitors are strongly encouraged.
- Please wear stiff-soled ATHLETIC shoes.
- The YMCA strongly recommends that you receive your physician's clearance before beginning any new exercise program. If you do have a medical situation that may affect your performance or safety in class, it is YOUR responsibility to inform the instructor before class begins!
- The time that you spend in a class is YOUR time; therefore, please silence all cell phones and beepers before class begins!

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