



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPIN SCHEDULE THOMASVILLE YMCA

	Time	Class	Instructor
Monday	5:30 PM	Rip and Ride	Holly
Tuesday	6:00 AM 12:10 PM 4:30 PM 6:30 PM	Spin Spin Spin Spin	Lauren Kim Suzanna Bonita
Wednesday	5:30 PM	Rip and Ride	Holly
Thursday	6:00 AM 12:10 PM 4:30 PM 6:30 PM	Spin Spin Spin Spin	Lauren Kim Suzanna Bonita
Friday	5:30 PM	Spin	Rhonda
Saturday	9:30 AM	Spin	TBA

All classes are held in the Group Fitness Studio. Make sure to reserve a spot by visiting [thomasville.recliquecore.com/classes](http://thomasville.recliquecore.com/classes)

