



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

## SPIN SCHEDULE

### THOMASVILLE YMCA

	Time	Class	Instructor
<b>Monday</b>	4:15 PM 5:30 PM	Get 'Er Done 30 Minute Spin Spin	Rachel Kerwin
<b>Tuesday</b>	5:30 AM 9:15 AM 12:10 PM 5:30 PM	Spin Silver Spin Spin HIIT Spin (30 mins)	Lauren Rachel Keri Melvin
<b>Wednesday</b>	5:15 AM 4:15 PM	Teacher's HIIT Spin Get 'Er Done 30 Minute Spin	Melvin Rachel
<b>Thursday</b>	5:30 AM 9:15 AM 12:10 PM	Spin Silver Spin Spin	Lauren Rachel Keri
<b>Friday</b>			
<b>Saturday</b>	9:00 AM	*Check Website for Instructor Choice Class Availability	TBA

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

**Silver Spin**- Beginner Spin targeting the Active Older Adult, but great for any level!

**HIIT Spin** – High Intensity Interval training on the Bike. Short bursts followed by recovery that is great for all levels!

