



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

## SPIN SCHEDULE

### THOMASVILLE YMCA

	Time	Class	Instructor
Monday	4:30 PM	30 Minute Spin	Kerwin
Tuesday	5:30 AM 9:15 AM 12:10 PM	Spin Silver Spin Spin	Lauren Carisa Deb
Wednesday	4:30 PM	30 Minute Spin	Emmy
Thursday	5:30 AM 9:15 AM 12:10 PM	Spin Silver Spin Spin	Lauren Carisa Deb
Friday			
Saturday	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!

