



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	5:30 AM 12:10 PM 6:30 PM	Spin Spin Spin	Lauren Kim Rachel
Wednesday	5:30 PM	Rip and Ride	Holly
Thursday	5:30 AM 12:10 PM 6:30 PM	Spin Spin Spin	Lauren Kim Rachel
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

