



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SPIN SCHEDULE

THOMASVILLE YMCA

	Time	Class	Instructor
Monday	5:30 PM	Spin	Holly
Tuesday	9:15 AM 5:30 AM 12:10 PM 5:30 PM	Silver Spin Spin Spin Spin	Rachel Lauren Kim Suzanna
Wednesday	5:30 PM	Spin	Holly
Thursday	9:15 AM 5:30 AM 12:10 PM 5:30 PM	Silver Spin Spin Spin Spin	Rachel Lauren Kim Suzanna
Friday	5:30 PM	Spin	Rhonda
Saturday	9:30 AM	Spin	TBA

All classes are held in the New Spin Room. Make sure to reserve a spot by visiting thomasville.recliquecore.com/classes

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

