



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SPIN SCHEDULE

THOMASVILLE YMCA

	Time	Class	Instructor
Monday	4:15 PM 5:30 PM	Get 'Er Done 30 Minute Spin Spin	Rachel Kerwin
Tuesday	5:30 AM 9:15 AM 12:10 PM 5:30 PM	Spin Silver Spin Spin HIIT Spin (30 mins)	Lauren Rachel Keri Deb
Wednesday	5:15 AM 4:15 PM	Teacher's HIIT Spin Get 'Er Done 30 Minute Spin	Melvin Rachel
Thursday	5:30 AM 9:15 AM 12:10 PM	Spin Silver Spin Spin	Lauren Rachel Keri
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

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!

