



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

## SPIN SCHEDULE

### THOMASVILLE YMCA

	Time	Class	Instructor
Monday	5:30 PM	Spin	Holly
Tuesday	5:30 AM 9:15 AM 12:10 PM 5:30 PM	Spin Silver Spin Spin HIIT Spin (30 mins)	Lauren Rachel Keri Melvin
Wednesday	9:00 AM	Spin	Deb
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](http://thomasville.recliquecore.com/classes)

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

