



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

## SPIN SCHEDULE

### THOMASVILLE YMCA

	Time	Class	Instructor
Monday	5:30 AM	Spin	Rachel
	4:30 PM	Spin	Jill R.
	5:30 PM	Spin	Holly
	6:30 Pm	Spin	Rhonda
Tuesday	5:30 AM	Spin	Lauren
	6:20 AM	Spin	Lauren
	12:10 PM	Spin	Kim
	5:30 PM	Spin	Suzanna
	6:30 PM	Spin	Sam
Wednesday	4:30 PM	Spin	Jill R.
	5:30 PM	Spin	Holly
Thursday	5:30 AM	Spin	Lauren
	6:20 AM	Spin	Lauren
	12:10 PM	Spin	Kim
	5:30 PM	Spin	Suzanna
	6:30 PM	Spin	Sam
Friday	4:30 PM	Spin	Victoria
Saturday	9:00 AM	Spin	TBA

All classes are held in the spin room.

