



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING SCHEDULE

Tone, Sculpt, Burn, Spin!

Effective 2019



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		Spinning Doug	Spinning Leo	Spinning Doug	Spinning Leo		
8:00 AM	Spinning Gio					Spinning Doug	
8:15 AM			Spinning Leah		Spinning Alina		
9:00 AM							Spinning Melissa
9:15AM						Spinning Gio	
9:30 AM	Spinning Doug	Spin & Strength Gio	Spinning Doug	Spin & Strength Gio	Spinning Gio		
10:30 AM						Spin & Strength Mayda	
12:00 PM	Spin & Strength Nathalia		Spin & Strength Nathalia				
4:30 PM	Spin & Strength Leo		Spin & Strength Leo				
6:00 PM	Spinning Natasha	Spin & Strength Leah	Spinning Natasha	Spin & Strength Alina			
7:15 PM	Spinning Marce	Spinning Melissa	Spinning Marce	Spinning Melissa			

**13 Years
& Up
with
Parent
Present!**



Cycling Class Guidelines:

Sign-in will be opened 30 minutes prior to the class at the front desk to reserve a spot.
If you are new to spinning, inform the instructor.
Please, refrain from talking on cell phone.
Bring a towel and water to class. Be Safe & Enjoy!



Spinning (50 Mins) – Ultimate indoor cycling workout to burn calories & improve your cardiovascular conditioning! Either Beginner or seasoned participant, you'll love the all-terrain ride because you are in control of the speed & resistance.

Spin and Strength – This combination class will have you spending 30 minutes on the bike for an amazing cardio workout, and 20 minutes of total body sculpting.

South Dade YMCA Family Center
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www.ymcasouthflorida.org
YMCA South Dade
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