SPINNING SCHEDULE
NOVEMBER 2026

REQUIRED ITEMS FOR SPINNING INCLUDE:
WATER BOTTLE, TOWEL, & PLUG IN HEAD PHONES
BIKES ARE AVAILABLE ON A FIRST-COME, FIRST-SERVE BASIS

NOTE: NO SPINNING TOWELS ARE AVAILABLE, PLEASE BRING YOUR OWN.
ONLY WIRED HEADPHONES ARE COMPATIBLE, WIRELESS HEADPHONES WILL NOT WORK.

DAVIS FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY*
5:30-6:30 AM			LISA		LISA		
8:00-9:00 AM				LISA		STEPHANIE	CHRIS T. *18+ WITH 24/7 ACCESS
8:30-9:30 AM	MELANIE	SARAH 45 MIN CLASS			SARAH 45 MIN CLASS		
9:00-10:00 AM			MARISA				
4:45-5:30 PM	STEPHANIE						
5:30-6:15 PM			MARLENE				

*SUNDAY 8 AM SPINNING CLASS IS FOR MEMBERS 18+ WHO HAVE SIGNED A WAIVER IN ADVANCE FOR 24/7 ACCESS

CENTRAL YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 AM		JOHN		JOHN		
8:00-9:00 AM	CANDACE					MARLENE
8:30-9:30 AM		LISA 50 MIN CLASS		SANDY	MELANIE 45 MIN CLASS	
4:30-5:15 PM		SANDY		LYNN		
5:30-6:30 PM	CHRIS		PAMMY			

UPDATED 10/28/2026