

PIERSON ROAD YMCA – SPINNING CLASS SCHEDULE SUMMER - 2010

WHAT IS SPINNING?

Spinning is an indoor cycling class. Each class will be led by a motivating instructor and accompanied by upbeat music to give you an experience you won't soon forget. It will challenge and strengthen your cardiovascular system to the fullest extent. Be prepared to work up a sweat as you ride through this exciting class!! Please bring a bottle of water and a small towel along with you.

YOU MUST PURCHASE A PUNCH CARD:

Limited space available for each class! Each class is open for anyone who has pre-purchased either a (1) punch card or paid a drop in fee at the front desk. In order to have access to the class you must present either your punch card or a receipt for the drop in fee. Punch cards are available for purchase at the front desk. Please contact Jon McLaughlin @ 810-732-9622 for more details.

Each 10 Visit Punch Card is \$30.00 * for Y-Members Only
Drop In Fee: \$3.50 Y-Member / \$10.00 Community Member (If Available)

CLASS POLICIES AND SAFETY NOTES:

- *You must be a minimum of 4'5" tall and 14 years of age to participate in a Spinning class.
- *Proper footwear should be carried into the facility. No outdoor shoes are allowed into the spinning studio.
- *Comfortable exercise clothes, a water bottle and a towel are highly recommended.
- *No food or drink (other than water), or gum allowed in studio.
- *If new to the program, please arrive early to set up your bike so the instructor can help you with proper setup.

Spring / Summer Schedule & List of Instructors (Beginning May 9th)

Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Gail Spin		Paulette Spin			
9:00 AM			Lydia Spin		Lydia Spin		Marie *8:30 am
6:00 PM				Marie Spin / Muscle Pump			