



# CLASS SCHEDULE

**2025**

All classes 45 minutes, unless otherwise noted.

\*Subject to change without notice\*

| MONDAY            | TUESDAY            | WEDNESDAY         | THURSDAY         | FRIDAY          | SATURDAY         | SUNDAY             |
|-------------------|--------------------|-------------------|------------------|-----------------|------------------|--------------------|
| 5:45 AM<br>Brian  |                    | 5:45 AM<br>Brian  |                  |                 | 8:00 AM<br>Brian | 8:00 AM<br>George  |
|                   |                    | 9:00 AM<br>Nada   |                  | 9:00 AM<br>Nada | 9:15 AM<br>Kathy | 9:00 AM<br>Crystal |
| 6:15 PM<br>George | 6:00 PM<br>Crystal | 6:30 PM<br>Alison | 6:15 PM<br>Kathy |                 |                  |                    |

RESERVATIONS MAY BE MADE ON OUR WEBSITE AND THROUGH THE YMCA APP 24 HOURS IN ADVANCE OF ANY SCHEDULED CLASS.



# SPINNING POLICIES

## NO BEVERAGES OTHER THAN WATER IN STUDIO

1. Online registration is open at 5am the day before a scheduled class. Walk-in and call reservations will be taken at 7:30am the day before a scheduled class.
2. Members may not hold bikes for other members. Each member must choose their own bike upon entering the cycling studio no sooner than 15 minutes before a scheduled class time. Members may not bring towels or any other belongings to the studio to hold a bike for themselves or anyone else. Your presence reserves your bike.
3. Suggested arrival is at least 10 minutes before the start of the class and to avoid leaving early if at all possible. Inform the instructor at the start of class if you must leave early. You must choose a bike 5 minutes prior to class start time and you must be on your bike by the start of class time; if not, in either case, your reservation will no longer be honored and the bike will become available to a waiting member.
4. Bikes are available on a first come, first served basis 15 minutes prior to class start time and as state above, bikes may not be held by one member for another member or members or reserved with any personal belongings (i.e. towel, water bottle, etc.).
5. Entering a class in progress is prohibited.
6. Refrain from entering the studio before a previous class has left the space.
7. If you need to cancel your reservation, please call and have your name removed from the roster.
8. As a courtesy to members and the instructor, cell phone use during class is prohibited.
9. It is your ride, but please follow the instructor's routine (unless a break is needed) and keep conversations to a minimum.

THANK YOU!