











FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Northwood YMCA Spin Schedule

## Spring 2012

|                 | <i>Mon</i>   | <i>TUE</i>   | <i>WED</i>   | <i>THUR</i>  | <i>FRI</i>   | <i>SAT</i>  | <i>SUN</i>  |
|-----------------|--|--|--|--|--|---|---|
| <b>7:00 AM</b>  | AM Spin<br><br>ryan Y |  | AM Spin<br><br>ryan Y       |  | AM Spin<br><br>ryan Y |   |   |
| <b>10:00 AM</b> |  |  |  |  |  | Sat Spin<br><br>Rick |   |
| <b>3:00 PM</b>  |  |  |  |  |  |   | PM Spin<br><br>ryan Y |
| <b>6:00 PM</b>  |  |  | Beginner Spin<br><br>Rick |  |  |   |   |
| <b>6:15 PM</b>  |  | PM Spin<br><br>Yvette |  | PM Spin<br><br>Yvette |  |   |   |