



Please remember to sign up for a bike at the welcome desk, as early as one hour before class.  
Unoccupied bikes will be considered "open" once class has started

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Studio Cycle Schedule January 2012

"All classes are 55 minutes in length-unless otherwise noted"

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30AM</b>	Danielle		Danielle.		Danielle/ Donna	Changes to the schedule are shaded.	
<b>8:30</b>		<b>Michele *Spin/Flex 90 minutes</b>	Donna	Julie		<b>8:20am Julie/Donna <i>Spirit Ride January 14</i></b>	*Spirit Ride is designed to uplift your spirit, strengthen the body, and lift up the Savior! worship music, Prayer time
<b>9:30</b>	Latin Cycle Faith		Donna		Faith	Julie/Sherry	
	<b>4:30pm Donna *Spin/Flex 90 minutes For the Mon. class,</b>						
	<b>riders may enter as late as 5pm, space permitting</b>					Send an email to Donna at donna.mccarthy@tampaymca.org with "add me to the list" in the subject line to be included on the latest changes with Group Fitness classes!	
<b>6:30</b>	6:30pm Julie	6:00pm Donna	6:00pm Danielle	6:30pm Amanda		<b>*New Spin/Flex! Cycling combined with muscular strength and endurance work.</b>	

### Important Announcements:

- Please remember to sign up for a bike at the welcome desk, as early as one hour before class. Unoccupied bikes will be considered "open" once class has started
- Water and towel is needed for class.
- Members age 10 and up may attend class with a parent, but must be able to focus on the task. Must be tall enough to properly fit on the bikes and be able to safely ride for the full length of the class
- For your safety, first-time students should arrive early to get set-up— first time students will not be allowed into the class once it has started
- Please note that no one will be permitted to enter class more than 15 minutes late. (exception is Monday 4:30pm spin/flex—riders may enter as late as 5:00pm, space permitting)

## New Tampa Family YMCA

16221 Compton Dr. • Tampa, FL 33647 • 813.866.9622 • www.tampaymca.org