



Holiday Hours

New Year's Eve

8 am-6 pm

New Year's Day

1-6 pm

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

Spinning Schedule January 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 am	Endurance (Sandy)		Strength (Ruth Ann)		Interval 757862 (Sandy)		
7:00-7:45 am		Recovery (Sue)		Recovery (Sue)			
9-9:45 am	Strength (Lisa)		Strength (Lisa/Ruth Ann)		Strength (John)	Instructor Choice 9:00-10:15 (Sandy/Lisa)	
3:00-3:45 pm							Strength (Ellen/Bruce)
4:30-5:15 pm	Strength (Ruth Ann)		Interval (Lisa)				
5:15-6:00 pm		Endurance (John/Susan)					
6pm-6:45 pm	Strength (Diane)			Endurance (Lisa/Ruth Ann)			
6:30-7:15 pm		Endurance (Ruth Ann)	Interval (Diane)				

About Spinning

- Spinning is an intense aerobic exercise involving stationary bikes, music and a motivating group instructor.
- During the class, you will vary your pace, position and resistance under the guidance of the group instructor.
- Spinning is an excellent aerobic exercise that burns calories, works your heart and builds leg strength and stamina.

Class Policy

- You must sign up at the front desk 1 hour before class in order to reserve your bike. It is a first come first serve policy. There are 14 bikes, we must have at least 3 people to hold a class.
- Make sure you bring water with you. We do sell bottled water at the vending machines by the locker rooms.
- Come to class 10 minutes before class begins. In the beginning, you will need 5-10 minutes to get comfortable setting up the bike to fit your body (seat adjustment, handle bars and wheel tension). Ask the instructor for assistance if you are unsure about how to properly set up your bike. It is important that you are set up correctly in order to make your ride safe. Please tell the instructor if you are a beginner! Beginners welcome in ALL classes.
- After class, we require you to clean your bike. Please turn the resistance completely off and fully extend the seat and handlebars. Once you have done this, wipe down the seat, handlebars, and extended bars with the cleaner provided.

Plant City Family YMCA

1507 YMCA Pl. • Plant City, FL 33563 • 813.757.6677 • www.tampaymca.org