



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPIN SCHEDULE

Effective September 1, 2017

## MONDAY

Y-cycle HIIT	Angela	6:00am to 6:30am
Y-cycle	Margret	9:30am to 10:30am
Y-cycle	Jill	5:45pm to 6:45pm

## TUESDAY

Y-cycle	Linda	9:15am to 10:00am
Y-cycle	Jill	5:30pm to 6:15pm

## WEDNESDAY

Y-cycle HIIT	Angela	6:00am to 6:30am
Y-Pedal & Pump	Margret	9:30am to 10:30am
Y-cycle	Jill	5:45pm to 6:45pm

## THURSDAY

Y-cycle	Margret	9:15am to 10:00am
Y-cycle	Jill	5:30pm to 6:15pm

## FRIDAY

Y-cycle HIIT	Angela	6:00am to 6:30am
Y-cycle	Angela	9:30am to 10:30am

## SATURDAY

Y-cycle	Jill/Susan	9:30am to 10:30am
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## SUNDAY

### CLASS DESCRIPTION:

**Y-CYCLE** Come experience this awesome ride. This class simulates a real road bike ride. All experience levels as well as fitness levels welcome. Bring a water bottle, small towel and gel seat (optional).

**Y-CYCLE HIIT** This class simulates a real road bike ride. This will be a tough 30 minute blast of a ride with HIIT drills throughout. There is a short amount of time, but a lot of calories to burn! Bring a water bottle, small towel and gel seat (optional).

**Y-PEDAL & PUMP** This class simulates a real road bike ride. This will be a combination of upper body strength and an exciting ride. Perfect for the multitasker. Bring a water bottle, small towel and gel seat (optional).

**\*All classes meet in the spin studio**

### YMCA AT SCHILLING FARMS

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