

HEALTHY LIVING

SPIN SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

All participants **MUST** pre-register in order to participate

6:30-7:15
SPIN
Gale

6:30-7:15
SPIN
Peter

6:30-7:15
SPIN
Gale

7:30-8:15
SPIN
Donna

7:30-8:15
SPIN
Peter

8:00-8:45am
SPIN
Rus

8:00-8:45am
SPIN
Rus

8:30-9:15am
SPIN
Meghan/Donna

5:30-6:15pm
SPIN
Meghan

5:30-6:15pm
SPIN
Meghan

6:00-6:45pm
SPIN
Rus

Schedule as of
6/1/21

For the safety of our members, we ask you to arrive on time to each class. All members who wish to participate **MUST pre-register on-line**. Only members whose names are on the rosters will be allowed to take the class. CHILDREN UNDER 12 ARE NOT PERMITTED IN SPIN CLASSES. **Class size is limited to 13.**

In accordance with both NJ State and local guidelines, bikes are 6+ feet apart; masks must be worn during classes; no fans can be used at this time; doors will be open for ventilation.

Schedule is subject to change based on attendance and instructor availability. All classes **MUST** have 4 or more participants to be taught and 4 or more consistently to remain on the schedule. On occasion, a different instructor may sub classes and the class format may be modified. We hope you stay and enjoy the class!

Kelly Schweighardt, Fitness Director
973.267.0704 ext. 28

GREATER MORRISTOWN YMCA

79 Horsehill Road (P) 973.267.0704
Cedar Knolls, NJ 07927

www.greatermorristownymca.org