

SPIN STUDIO WINTER/SPRING DROP-IN & SESSION SCHEDULE

EDWARDSVILLE YMCA NIEBUR CENTER

**Book your ride for any
Drop-in Class
(white boxes) on the
MINDBODY App.
\$5/Class**

**Session classes in the pink boxes are
NOT offered as a drop-in. To sign up for
the 7 Week Winter 2 Session, stop by the
Niebur Center Front Desk starting:
MEMBERS: FEB. 11TH • NON-MEMBERS: FEB. 18TH
CLASSES BEGIN FEB. 25TH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAX FIT 5:30 - 6:15am LAILA GAGNON		MAX FIT 5:30 - 6:15am LAILA GAGNON			
	SPINNING 6:00 - 6:45am JODI		SPINNING 6:00 - 6:45am LAUREN	SPIN COMBO 6:00 - 7:15am PATTY	
SPIN COMBO 6:30 - 7:45am PATTY		SPINNING 7:00 - 7:45am ANN			
	SMALL GROUP TRAINING 7:30 - 8:15am LARA		SMALL GROUP TRAINING 7:30 - 8:15am LARA		
SCULPT N' SPIN 8:00 - 9:15am ANN & LARA	SMALL GROUP TRAINING 8:30 - 9:15am LARA	SCULPT N' SPIN 8:00 - 9:15am ANN & LARA	SMALL GROUP TRAINING 8:30 - 9:15am LARA	SCULPT N' SPIN 8:00 - 9:15am ANN & LARA	SPINNING 8:00 - 8:45am TBA
WOMEN'S WEIGHT TRAINING 9:30 - 10:30am	BEGINNER SPINNING 9:30 - 10:15am KIM	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am	SPINNING 9:30 - 10:15am ANN	SPINNING 9:00 - 9:45am LIZ	SPINNING 9:00 - 9:45am TBA
SMALL GROUP TRAINING 10:00 - 10:45am LIZ		SMALL GROUP TRAINING 10:00 - 10:45am LIZ		SMALL GROUP TRAINING 10:00 - 10:45am LIZ	SMALL GROUP TRAINING 10:00 - 10:45am LIZ
SPIN EXPRESS 12:15 - 12:45pm ANN		SPIN EXPRESS 12:15 - 12:45pm LIZZY			BIKE TRAINING 1:00 - 4:00pm (No Instructor)
SPIN EXPRESS 5:00 - 5:30pm LIZ	WOMEN'S WEIGHT TRAINING 5:00 - 6:00pm	SPIN EXPRESS 5:00 - 5:30pm LIZ	WOMEN'S WEIGHT TRAINING 5:00 - 6:00pm		
					SUNDAY
SMALL GROUP TRAINING 6:00 - 6:45pm LARA	SPINNING 6:00 - 6:45pm MONICA	SMALL GROUP TRAINING 6:00 - 6:45pm LARA	SPINNING 6:00 - 6:45pm LEAH		BIKE TRAINING 10:00am - Noon (No Instructor)
SPINNING 7:00 - 7:45pm ANN	TRI TRAINING 6:30 - 8:00pm WINTER 2	BEGINNER SPINNING 7:00 - 7:45pm LEAH	TRI TRAINING 6:30 - 8:00pm WINTER 2		WORSHIP RIDE 2:00 - 2:45pm (1 ST of the Month) MONICA