

JULY

Spin Classes

Summerville
Family YMCA



The Summerville Family YMCA mission is to be a community cornerstone that puts Christian principals into practice through programs that build healthy spirit, mind, and body for all.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 LEVEL 2/3 SUZANNE	6:00 - 7:00 LEVEL 2/3 JULIE		6:00 - 7:00 LEVEL 2/3 SUZANNE			1:30 -2:15 LEVEL 1 7/5 SUZANNE 7/12 TRACY 7/19 LUCINDA 7/26 KELLY
8:15-9:15 LEVEL 2/3 TEMPLE		8:00 - 9:00 LEVEL 2/3 MARIANNE		8:15-9:15 LEVEL 2/3 TEMPLE	8:00 - 9:00 LEVEL 2/3 ALT. INSTRUCTORS 7/11 SUZANNE 7/18 KELLY 7/25 ADRIANE	
	9:45 - 10:45 LEVEL 2/3 SUZANNE		9:45-10:45 LEVEL 2/3 SHERRY			3:30-4:30 LEVEL 2/3 JULIE
					FAMILY SPIN 9:30AM-10:30AM SYLKE	
6:00-7:00 LEVEL 2/3 STEPHANIE	5:30-6:30 LEVEL 2/3 KAREN	5:30-6:30 LEVEL 2/3 SYLKE	5:30-6:30 LEVEL 2/3 KAREN	6:00-7:00 LEVEL 2/3 JULIE		
7:00-8:00 LEVEL 2/3 JULIE/STEPHEN		7:00-8:01 LEVEL 1 SUZANNE	7:00-7:46 LEVEL 1 STEPHEN			
						REVISED 6/22/2009

Please Bring Water To All Classes!

***** FIRST TIME PARTICIPANTS***
PLEASE TRY TO COME TO CLASS 15 MINUTES EARLY FOR INSTRUCTION**

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