

# MARCH

# 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 NICOLE	6:00 - 7:00 LEVEL 2/3 JULIE		6:00 - 7:00 LEVEL 2/3 SUZANNE			1:30 -2:15 LEVEL 1/2 NICOLE
8:15 - 9:15 LEVEL 2/3 SUZANNE		8:00 - 9:00 LEVEL 2/3 MARIANNE		8:15 - 9:15 LEVEL 2/3 LUCINDA	8:00 - 9:00 LEVEL 2/3 3/6 SUZANNE 3/13 LESLIE 3/20 NICOLE 3/27 KELLY	
	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 KELLY	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	<b>MARCH 27TH</b> <b>ENDURANCE RIDE</b> <b>9:30 - 11:30</b> <b>SYLKE</b> <b>REGISTER AT</b> <b>FRONT DESK</b>	
7:00-8:00 LEVEL 2/3 JULIE/STEPHEN		7:00-8:01 LEVEL 2/3 SUZANNE	7:00-7:46 LEVEL 1 STEPHEN			
						REVISED 2/22/2010

**Please Bring Water To All Classes!**

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

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