



*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 11/1 Jill 11/8 Marlene 11/15 Sherry 11/22 Jill 11/29 David
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 11/7 Suzanne 11/14 Kelly 11/21 Kelly 11/28 Lucinda	
	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>November 28th</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 10/20/2009

**Please Bring Water To All Classes!**

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

**NOVEMBER**

**Spin Classes**

**Summerville  
Family YMCA**