

AUGUST

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 - 6:45 LEVEL 2/3 NICOLE	6:00 - 7:00 LEVEL 2/3 JULIE		6:00 - 7:00 LEVEL 2/3 SUZANNE	7:00-8:00 Level 1 LESLIE		1:30 -2:15 LEVEL 1/2 NICOLE/DANIELLE
8:15 - 9:15 LEVEL 2/3 SUZANNE		8:00 - 9:00 LEVEL 2/3 SUZANNE		8:15 - 9:15 LEVEL 2/3 LUCINDA	8:00 - 9:00 LEVEL 2/3 8/7 SUZANNE 8/14 DANIELLE 8/21 DAVID 8/28 KELLY	
	9:45 - 10:45 LEVEL 2/3 SUZANNE	12:15- 1:00 LEVEL 1 MARLENE	9:45-10:45 LEVEL 2/3 SHERRY			3:30-4:30 LEVEL 2/3 JULIE
					FAMILY SPIN 9:30AM-10:30AM SYLKE	
5:45-6:45 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	AUGUST 7TH ENDURANCE RIDE 9:30 - 11:30 SYLKE REGISTER AT FRONT DESK	
7:05-8:05 LEVEL 2/3 JULIE/STEPHEN		7:00-8:01 LEVEL 2/3 MARIANNE	7:00-7:46 LEVEL 1 STEPHEN			
						REVISED 7/15/2010

Please Bring Water To All Classes!

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

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