



# Spinning Schedule

## Sunday

9:45am-10:25am with Lynda

## Monday

12:15pm-1:00pm with Patti

5:45pm-6:30pm with Sharon

## Tuesday

6:15am-7:00am with Gina

5:15pm-6:00pm with Lynda

## Wednesday

9:15am-10:00am with Stacey

5:30pm-6:15 pm with Rhonda

## Thursday

12:15pm-12:45 with Sharon

## Friday

6:15am-7:00am with Sharon

9:15am-10:00am with Lynda

## Saturday

9:00 am-9:45 am BEGINNER SPIN with Patti

The YMCA has the right to modify the schedule as required

Lynn YMCA  
20 Neptune Blvd.  
Lynn, Ma. 01908

