

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



F. P. PHILLIPS MEMORIAL YMCA BASIC SPINNING® CLASS SCHEDULE

As of September 8, 2009

R.S. – Reece Spinning

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
	5:15-6:00 AM (R.S.)	5:15-6:00 AM (R.S.)	5:15-6:00 AM (R.S.)		
8:30-9:15 AM (R.S.)		8:30-9:15 AM (R.S.)			
4:30-5:15 PM (R.S.)	4:45-5:30 PM (R.S.)	4:45-5:30 PM (R.S.)	4:45-5:30 PM (R.S.)	4:45-5:30 PM (R.S.)	
5:30-6:15 PM (R.S.)	5:40-6:25 PM (R.S.)		5:40-6:25 PM (R.S.)		

www.columbus-ymca.com

Phone – 662/328/7696 Fax – 662/328/9476

All classes – FREE for YMCA Members.

Program members- \$5.00 per class for