



Spin @ the YMCA
Temporary Spin Room (Party Room) @ Plainview
YMCA
May 6th - May 14th

313 Ennis
Plainview, TX 79072
806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
5am			Spin Lana Branam 5:30am - 6:15am		Spin Lynda Reagan 5:30am - 6:15am		
9am	Spin Brandi Barnett 9am - 10am		Spin Brandi Barnett 9am - 10am			Spin Teacher Rotation 9am - 10am	
6pm		Spin Trisha Watson 6:30pm - 7:15pm		Spin Trisha Watson 6:30pm - 7:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.