



Spin
Spin Room (upstairs) @ Plainview YMCA
 October 9th - October 16th

313 Ennis
 Plainview, TX 79072
 806-293-8319

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