McDowell Wellness Center
A service of Ephraim McDowell Health

SPIN SCHEDULE 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM	Early Bird Spin with DEE		Early Bird Spin with DEE			
8:30-9:30AM	Morning Spin with MARSHALL		Morning Spin with JANET		Morning Spin with JANET	
9:00-10:00AM						Saturday Spin or HIIT & Spin*
10:15-11:00AM		HIIT & Spin with JANET		HIIT & Spin with JANET		
5:15-6:15PM	HIIT & Spin with JANET	Evening Spin with KATIE		Evening Spin with MARSHALL		
7 BEN ALI DRIVE DANVILLE KY 40422 (859)936-935 WWW.MCDOWELLWELLNESS.C						REVISED ON 10/31/26

*Saturday Spin is usually a regular spin class but HIIT & Spin may be subbed. Check announcements in room and on facebook

New to Spin? Please arrive 10 minutes early to get set up on bike.

SPIN INSTRUCTORS: DEE MINOR, JANET FLUTY, KATIE NEWTON, & MARSHALL WILSON