



# FEEL HEALTHIER, BE STRONGER Spinning

GARDEN CITY FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## NEW SESSION EVERY MONTH

These classes are only open to the first ten people. If a bike is open after class starts, the bike is available for a per-class charge. The instructor will notify the Welcome Center of open seats. Classes are held in the YZone Spinning Studio. Please bring your towel and water bottle to class and be prepared to have a great workout!

### Fees:

Members \$12/month or \$3/class  
Program Participants \$24/month or \$6/class  
*(Bikes are only reserved for those who pay monthly)*

### Questions:

Patty Barahona, Healthy Initiatives Coordinator  
(P) 620.275.1199 (E) pbarahona@ymcaswkansas.org



### Lean & Mean: (Patty Lopez)

This class will push you to a level of high intensity to become and stay "lean and mean".

**Monday & Wednesday: 8:30 –9:15 am**

### Cycle Jam: (Teena Batman)

This upbeat will have you spinning to the beat of the music. So Jam on to getting your sweat on.

**Tuesday & Thursday: 8:30 –9:15 am**

### Sweating Buckets: (Patty Lopez)

Get ready for a cardio blast that incorporates light weights to help you slim down and tone up!

**Tuesdays & Thursdays: 5:30—6:15 p.m.**

FOR UP-TO-DATE CLASS SCHEDULES & MORE,  
DOWNLOAD OUR FREE MOBILE APP!

Ask about our Helping Hands  
Scholarship Program!



## ONLINE REGISTRATION NOW AVAILABLE FOR SELECT PRO-

### Spinning Registration Form

Session (Circle):

July

Class (Circle):

*Lean and Mean*

*Cycle Jam*

*Sweating Buckets*

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

D.O.B. \_\_\_\_\_ CELL PHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_

EMERGENCY CONTACT # \_\_\_\_\_

WE USE TEXT MESSAGING TO COMMUNICATE WITH PROGRAM PARTICIPANTS FOR IMPORTANT UPDATES, CANCELA-TIONS AND MORE. IF YOU PREFER TO OPT OUT OF THESE MESSAGES CHECK HERE: \_\_\_\_\_. (Be sure cell number is listed above.)

**The Y. So Much More. | YMCA of Southwest Kansas | [www.ymcaswkansas.org](http://www.ymcaswkansas.org)**