



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# FEEL HEALTHIER, BE STRONGER

## Spinning

### GARDEN CITY FAMILY YMCA



## *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  
 Dome Members \$16/month or \$4/class  
 Program Participants \$24/month or \$6/class  
*(Bikes are only reserved for those who pay monthly)*

### Sweating Buckets: (Patty Lopez)

Get ready for a cardio blast that incorporates light weights to help you slim down and tone up! This is a great workout to burn calories and increase endurance.  
*Tuesdays & Thursdays: 5:30—6:15 p.m.*

### Just Spin: (Rafaela Murillo-Rocha)

Something for everyone! Intervals, hills, all to music hand-picked to motivate and inspire. Come on in for a ride!  
*Mondays & Wednesdays: 5:30 -6:15 p.m.*

**NEED HELP? Ask about our Helping Hands**



**Deadline:** The last Tuesday of each month

**Questions:** Stacy Castoe, Dome & Healthy Initiatives Director  
 (P)620.275.1199ext.101  
 (E)scastoe@ymcaswkansas.org

## JOIN TODAY!

*Upgrade to a membership today as a participant at **NO CHARGE!** Save over \$100!*

*Already a member? Recruit a friend & pay much less. Get details at signup.*

## Spinning Registration Form

Session (Circle): Jan. Feb. March April May  
 Class (Circle): *Just Spin*

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

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

EMERGENCY CONTACT: \_\_\_\_\_

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