



FEEL HEALTHIER, BE STRONGER Spinning



GARDEN CITY FAMILY YMCA

SESSION EVERY MONTH

There's something for everyone! From intervals and hills, to hand-picked music to help motivate and inspire. Come on in for a ride! Classes are held in the YZone Spinning Studio. Please bring your towel and water bottle to class, then be prepared to have a great workout!

(Bikes are only reserved for those who pay monthly)

Fees:	Members	FREE
	Dome Members	\$12/month or \$3/class
	Non-Members	\$24/month or \$6/class

Schedule: Tuesdays & Thursdays
5:30 - 6:30 p.m.

Deadline: The last Tuesday of each month.

Ask about our Helping Hands
Scholarship Program!



Questions: Amy Calderon, Healthy Initiatives Coordinator
(P)620.275.1199 ext.205
(E)acalderon@ymcaswkansas.org

Just Spin:

Instructor - Rafaela Murillo-Rocha

Classes open to the first ten people. You can secure your place each month or pay per-class. The instructor will notify the Welcome Center of open seats before each session begins.

JOIN TODAY!

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

*Already a member?
Recruit a friend & receive
the monthly prize.
Get details at signup.*

Spinning Registration Form

Session (Circle): January February March April May

NAME: _____ **ADDRESS:** _____

D.O.B.: _____ **CELL PHONE:** _____ **E-MAIL:** _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE #: _____