



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 (Sunrise Spin)
5:30 - 6:15 a.m.
Tuesdays & Thursdays (Just Spin)
5:30 - 6:30 p.m.

Ask about our Helping Hands
Scholarship Program!



Deadline: The last Tuesday of each month.

Questions: Stacy Castoe, Dome & Operations Director
(P)620.275.1199 ext.101
(E)scastoe@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.

Sunrise Spin

Instructor - Troy Unruh

Jumpstart your cardio day with a 45 minute fitness focused spin class. A total body workout as we spend time learning the many positions on the spin bikes.

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 sign-up.*

Spinning Registration Form

Session (Circle): September October November December

Class (Circle): Sunrise Spin Just Spin

NAME: _____ **ADDRESS:** _____

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

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE #: _____