



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FEEL HEALTHIER, BE STRONGER

GARDEN CITY FAMILY YMCA

Spinning



SESSIONS EVERY MONTH

There's something for everyone! Come on in for a ride!
Classes are held in the Y Zone 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.
Saturdays (Sunny Side Spin)
10:00 - 11:00 a.m.

Deadline: The last Tuesday of each month.

Questions: Nina Rankin,
Aquatics & Healthy Initiatives Director
(P) 620.275.1199 ext. 210
(E) nrankin@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.

Sunrise Spin

Instructor - Troy Unruh

Jumpstart your cardio day with a 45-minute
total-body fitness focused spin class.

Sunny Side Spin

Instructor - Sondra Castillo

Wake up with Sondra on Saturday
mornings with an high intensity fun
atmosphere.

REGISTER TODAY!

*Try one of our other aerobics classes. All
Land & Water Aerobics classes are free
with your membership. Look at our Land
Aerobics Schedule to see all options.*

Ask about our Helping Hands
Scholarship Program!



Spinning Registration Form

Session (Circle): January February March April
Class (Circle): Sunrise Spin Just Spin Sunny Side Spin

NAME: _____ **ADDRESS:** _____

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

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE #: _____