

DAVIS SPINNING SCHEDULE

Classes held in Multi-Purpose Room 2 - 1 Hour Sessions

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 am Robert	9:30 am Shannon D	5:30 am Janet	9:30 am Lisa	5:30 am Lisa	8:30am Liz
	8:30 am Melanie		8:30 am Melanie		8:30 am Mary Jo	10:00 am Robert
1:30 pm Bob	5:30 pm Chris		5:30 pm Candace		4:30 pm Starting Jan 20	
		6:00 pm Robert		6:00 pm Robert		

NEW FOR 2017!

Pay **ONE** fee and Spin at **TWO** locations - Central **AND** Davis Family Ys!

Members: \$10 Non-Members \$55

Duration of Registration Fee:

- Current month • Unlimited spins • Currently, 16 classes per week
- Regardless of day of month when Spinner registers, it is still \$10/\$55

Bike Reservation:

- First come, first served • No bike reservation required • No Spinning card responsibilities
- Please refrain from reserving bikes for others who arrive later than you

To register for monthly Spinning, sign up on-line at www.youngstownymca.org or in person at the service desk.

SPINNING PROGRAM DESCRIPTION

Spinning has become one of the largest fitness programs at the Y. We love what we do and believe that the most important part of any fitness program is helping people of all ages and abilities achieve their health and fitness goals. Regardless of your age, ability, coordination or fitness level, the Spinning Program is designed to bring health and fitness to every lifestyle. Spinning has helped hundreds of people get into the best shape of their lives; and at the Y it is more than just a work out - it is about community. You will walk away and your spirit will be enlightened, your mind broadened and your body strengthened.