

## SPINNING PROGRAM DESCRIPTION

Spinning has become one of the largest fitness program 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 life-style. Spinning has helped hundreds of people get into the best shapes 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.

### DAVIS SPINNING SCHEDULE October through November

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 a.m. Janet	9:00 a.m. Liz/Corky	5:30 a.m. Janet	9:30 a.m. Lisa	5:30 a.m. Lisa	8:30 a.m. Liz
	8:30 a.m. Melanie	Reformer Personal Training 11:00 a.m.-4:00 p.m.	8:30 a.m. Melanie	Reformer Personal Training 11:00 a.m.-4:00 p.m.	8:30 a.m. Mary Jo	10:00 a.m. Robert
1:30 p.m.	Reformer Personal Training 10:00 a.m.-5:00 p.m.		Reformer Personal Training 10:00 a.m.-5:00 p.m.		Reformer Personal Training 10:00 a.m.-4:00 p.m.	Reformer Personal Training 10:00 a.m.-4:00 p.m.
	5:30 p.m. Chris	6:00 p.m. Robert	5:30 p.m. Candace	6:00 p.m. Robert		

## CENTRAL SPINNING SCHEDULE

October through December • Classes held in Spinning Studio • 1 Hour Session

SUN	MON	TUE	WED	THU	FRI	SAT
		5:45 a.m. John V.		5:45 a.m. John V.		8:00 a.m. Marlene
	9:00 a.m. Lisa	8:30 a.m. Lisa	9:00 a.m. Beth	8:30 a.m. Janet	9:00 a.m. Chris	
1:30 p.m. Jason Coming in Nov.	5:30 p.m. Shannon	12:00 p.m. Bob	5:30 p.m. Chris		5:30 p.m. Pammy	
		4:30 p.m. Chris		5:00-5:45 p.m. Spin® Express Lynn		
	6:45 p.m.	6:30 p.m. Marlene		6:15 p.m. Melanie		

### Members: \$10 Non-Members \$55

#### Duration of Registration Fee:

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

#### Bike Reservation:

- First come, first serve • 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 [YoungstownYMCA.org](http://YoungstownYMCA.org) or in person at the service desk.

**ONE FEE Members - \$10 for unlimited spinning at BOTH Davis and Central Y Facilities!**

#### WHAT YOU'LL NEED FOR CLASS

- Wear comfortable workout clothes • Bring headphones • Bring water • Bring a towel
- Shoes-bikes are equipped with pedals that accommodate cycling shoes (SPD compatible). To help protect our floors, wear tennis shoes or flip flops into room and put cycling shoes on once you are at your bike. You may also wear regular workout shoes.

Updated 10/10/17