

SPINNING

At the Youngstown YMCA

IT'S EXCITING...IT'S DIFFERENT... IT'S FOR YOU!!

SPINNING IS FOR ANYONE LOOKING FOR A MORE ENJOYABLE AND EFFICIENT WAY TO GET INTO SHAPE WITHOUT THE WEAR AND TEAR OR BURNOUT OF OTHER WORKOUTS. THIS CLASS CAN BE ADAPTED TO ANYONE, BECAUSE **YOU** CONTROL THE INTENSITY SPECIFIC TO YOUR OWN LEVEL OF FITNESS. MOTIVATIONAL MUSIC, COUPLED WITH A CERTIFIED INSTRUCTOR, AND A SPECIALLY DESIGNED ROOM WITH A PROFESSIONAL SOUND AND LIGHT SYSTEM, CREATE THE IDEAL ATMOSPHERE FOR DRIVING YOUR FITNESS LEVEL UP.....TO A PLACE IT'S NEVER BEEN.

MONTHLY SPINNING PRICES

MEMBERS

UNLIMITED \$10.00

NON-MEMBERS

UNLIMITED \$50.00

First time spinners must be in class 15 minutes early or they will not be admitted

Must call and reserve a bike 1 day in advance.



Must call and cancel bike if you cannot make it.



Must bring water to class.



Must bring headphones.



You must clean your entire bike.



Please report any problems with your bike to the instructor.

Central YMCA Spinning Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 AM SHANNON	6:00 AM JOHN V	5:45 AM LISA	6:00 AM ROBERT/ MAUREEN	5:45 AM MAUREEN/ ROBERT	
						7:30 AM JON
	8:45 AM LISA		8:45 AM BETH			
					9:00 AM BETH	9:00 AM BETH
		12:00 PM MARLENE/BOB		12:00 PM JOHN V		
1:30 PM MELISSA						
		4:30 PM BOB/MARY JO		4:30 PM JON		
	5:30 PM BETH		5:30 PM STEVE	5:30 PM SHANNON ENDURANCE STRENGTH	5:30 PM GREG	
		5:45 PM MICHELE				
	6:45 PM MARY JO	7:00-8:00 PM TRI TRAINING JIM	6:45 PM DAVID/ MARLENE			
						1/13/2010

NOTE: TEACHERS & CLASSES ARE SUBJECT TO CHANGE