



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDING FOR CARDIO POWER

SPIN SPIN STUDIO ON LOWER LEVEL

Spin is an innovative way to keep fit. Using the bike is one of the best ways to capture the outdoor experience indoors. With our new Chrono bikes you don't want to miss the exciting total body workouts taking place. See you soon!

- AM classes are 45 minutes
- PM classes are 30 minutes
- Bring water to stay hydrated
- Per manufacturer, maximum weight capacity for each bike is 350lbs.

WHEN:	M/F	M/W	M/W/F	T/W/TH	SAT
TIMES:	5:45 AM	11:15 AM	12:15 PM	5:30 PM	9:15 AM & 11:15 AM

LOCATION: YMCA
1346 S. Main Street
Burlington, NC 27215
336.395.9622
acymca.org

