



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPINNING

Spin, Sweat, Burn
DODGE CITY FAMILY YMCA
NEW SESSION EVERY MONTH

Each class is only open to the first ten people. If a bike is open after class starts, the bike is available for a per class charge. The instructor will notify the front desk of open seats. Classes will be held in the Koch Nitrogen Multi-Purpose Room. Please bring your towel and water bottle to class and be prepared to have a great workout! Each class you register for requires a separate fee.

FEE: Members \$10 per month / \$3 per class
(paying a daily fee does not reserve you a bike)
Program Participants \$20 per month / \$6 per class
(paying a daily fee does not reserve you a bike)

LOCATION: Koch Nitrogen Company, LLC
Multi-Purpose Room

INSTRUCTOR: Tandy Herrman
NETA Indoor Cycling Certified

MIN/MAX: 4/10



Sweating Buckets

Be prepared to work as this class will get your motor running with a higher level of intensity.
Tuesdays and Thursdays: 5:30-6:15am

Cycle Jam

This upbeat class will have you spinning to the beat of the music! So jam on to get your sweat on!
Tuesdays and Thursdays: 7:00-7:45pm

For more information contact the Health & Fitness Director at 620.225.8157 or dckymca.fitness@gmail.com

Check us out on the web www.dodgecityymca.org.

Spinning Registration Form

Session (Circle): Jan. Feb. Mar. Apr. May Jun. July Aug. Sept. Oct. Nov. Dec.

Class (Circle): **Sweating Buckets** **Cycle Jam**

Name: _____ Address: _____

D.O.B.: _____ Home Phone: _____

Cell Phone: _____ E-Mail: _____

INTERESTED IN RECEIVING TEXT ALERTS: YES NO If yes, please write down Provider _____

INTERESTED IN RECEIVING EMAIL BLASTS: YES NO

Both of these communications pieces will be used for cancellations, updates, specials and other promotions.