



# Maui Family YMCA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	5:45AM	5:45AM	5:45AM	5:45AM	
8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM
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5:15PM		5:15PM		5:15PM	

## CLASS REMINDERS

- Reservations are taken the day prior to class starting at 5:30am Monday-Friday, 7:00 am Saturday & 10:00 am Sunday.
- Please call to Cancel if you cannot make it up to 1 hour before class starts.
- There is a \$10 no show fee if you do not call to cancel.
- Please bring a Small towel & water.
- Cross trainer or bike shoes are recommended– shoes must be close toed.
- You must arrive 10 minutes prior to class to reserve your bike (if you are not present, your bike can be given to the first person on the wait list.)
- Please wipe down your bike and surrounding area when done riding.

Spinning will strengthen your cardiovascular system & improve muscular strength & endurance.

Prepare to sweat! As you are led through a challenging workout by a motivating instructor with fun music !

