



# Maui Family YMCA



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|-----------|----------|--------|----------|
| 5:45AM |         | 5:45AM    | 5:45AM   | 5:45AM |          |
| 8:30AM | 8:30AM  | 8:30AM    | 8:30AM   | 8:30AM | 8:30AM   |
|        | 12 NOON |           |          |        |          |
| 5:15PM |         | 5:15PM    |          | 5:15PM |          |

## CLASS REMINDERS

Updated: 11/2/18

- 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

