



We build strong kids, strong families, strong communities.

## Indoor Cycling Schedule –2008-2009

*Orientation is mandatory – appointments and reservations are made at the front desk. All cycling classes require pre-payment and sign-up.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPINtensity 12:15–1:00 PM		SPINtensity 12:15–1:00 PM		
					SPINtensity 9:15–10:00 AM
SPINtensity 5:30–6:15 PM		SPINtensity 5:30–6:15 PM			

### 2008 Cycling Prices:

	Member Prices	Non-Member Prices
Orientation and 1 <sup>st</sup> class	free	free
Single ride	\$1.50	\$7.00 (no day fee required)
10 rides	\$15.00	---
25 rides	\$35.00	---
50 rides	\$65.00	---

*\*Rides are non-transferable\**

*\*\*Packages expire within one year\**

*\*Rides are non-refundable\**

# **Y** Cycling

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## **2008-2009 Class Guidelines:**

- 1. Orientation must be completed and all paperwork must be handed in to the instructor.**
- 2. Payment is necessary at the time of the reservation.**
- 3. Classes can be paid for by the class or by package.**
- 4. Call before class to see if enough riders have signed up for class time - 3 riders or more are necessary.**

## **PHONE RESERVATIONS:**

**The YMCA will allow package riders only to call and place a phone reservation if there are more than two seats available in the class. Payment is expected at the time of reservation whether the class is attended or not. PLEASE CALL AND CANCEL AT LEAST 2 HOURS PRIOR TO THE CLASS IF NOT ATTENDING OR YOU WILL BE CHARGED A CLASS.**

## **CANCELLATIONS:**

**The YMCA will credit a reservation when called in AT least 2 hours in advance. If a member has paid for a class and is unable to attend – the class will be credited for another day IF the rider calls the YMCA at least two hours before class.**

**IF THE YMCA CANCELS BECAUSE ONLY ONE OR TWO PEOPLE SIGNED UP FOR CLASS, THEN THE RIDER WILL BE NOTIFIED AND CREDIT FOR THE CLASS WILL BE GRANTED.**

