

# Family Spin

An exercise class for the whole family!

Join Family Spin for a fun indoor cycling class the whole family can enjoy.

Youth bikes fit children between 48-63" tall. Those taller may use standard bikes.

Children must be accompanied by parent/guardian.



**Thursdays at 6:30 p.m.**  
**Starting Sept 5th**

Aerobics Room

Ages: 7 and Up

Class is free to members.  
Non-members pay daily fee.



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