

YTEENS™

We build strong kids, strong families, strong communities.



TEEN SPINNING® is coming to the downtown YMCA, beginning Tuesday, May 4th!

The class will meet every Tuesday and Thursday from 3:30-4:15pm.

It's an intense cardiovascular workout performed on stationary bicycles sure to jumpstart your path to a healthy lifestyle!

You must be a YMCA member from the ages of 13-18* years old to attend.

Must bring a towel and water!

All fitness classes at the YMCA are subject to change due to low attendance.

**Age ranges are firm as size of child and limit of bikes dictate; first come first served basis.*

