



JUST KEEP SPINNING



Y-Abilities & Friends Sensory Friendly Spin Class **Merrimack Valley YMCA**

This is a sensory friendly introduction to spin class. Care givers and support staff are welcome as well as friends who like to spin. The class will be held in Studio 2 on the stationary bikes. Please wear sneakers and athletic clothing. Participants should be prepared to spend time sitting on a bike seat. This class is free for members and happens on Thursdays at 4p. For more information contact Emma at estump@mvyymca.org or visit www.mvyymca.org/inclusion to register.



Thursdays

4:00-4:45p

Bring water, towel, wear sneakers and athletic clothing. Registration via Motion Vibe App

MERRIMACK VALLEY YMCA
165 Haverhill Street Andover MA 01810
978-685-3541 • mvyymca.org