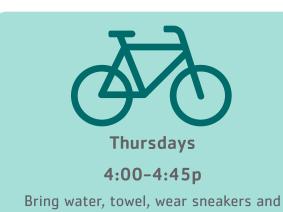


Y-Abilities & Friends Sensory Friendly Spin Class Merrimack Valley YMCA

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@mvymca.org or visit www.mvymca.org/inclusion to register.



athletic clothing. Registration via

Motion Vibe App