



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPIN to SAVE LIVES!

Free Class with NJ Sharing Network Cycling Team

When: Sunday - March 18, 2018

Time: 11:00-1:00

What: Spin Class with a
Certified Instructor (45hmin)

Where: Summit YMCA's Spin Studio
67 Maple Street, Summit NJ



REFRESHMENTS WILL BE SERVED

Registration is required to secure a bike. Please call the YMCA's Member Service Desk at 908-273-3330 to join us for a fun indoor ride or to socialize and learn more about NJ Sharing Network's lifesaving mission. All area residents are welcome!!!

For more information contact:

Lisa Meyers 908-273-3330 X1186/Lisa.Meyers@thesay.org

Michele Dabal, Cycling Team Captain (908) 516-5400/MDabal@njsharingnetwork.org

BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA.

550 Springfield Avenue | (P) 908 464 8373
Berkeley Heights, NJ 07922 | (F) 908 508 1059

www.theSAY.org



summitarea.ymca

SUMMIT YMCA

A branch of the Summit Area YMCA.

67 Maple Street | (P) 908 273 3330
Summit, NJ 07901 | (F) 908 273 0258



@summitareaymca



@summitareaymca

THE LEARNING CIRCLE YMCA

A branch of the Summit Area YMCA.

95 Morris Avenue | (P) 908 273 7040
Summit, NJ 07901 | (F) 908 273 5670

The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.theSAY.org