



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Beginning January 1, 2017, all Group Cycling classes will be included with your membership! Classes will be open to Members only. Below are some questions and answers that will help everyone with the transition, along with new guidelines for how to reserve a bike for classes.**

- **How do I sign up for my favorite class?**  
You will be able to reserve a bike 30 minutes before the scheduled class time. Stop by the Front Desk to pick up a lanyard with a number from 1-20. There will be 20 bikes available for each class. Once all 20 numbers are gone, the class is full. Each bike will also be numbered. The number you receive will match the number of the bike you have reserved. For example, if you like to use bike 20, you should select #20 lanyard.
- **I still have a punch card that is not used yet. What can I do?**  
Please try to use the punch card before the end of the year. Drop in classes will be held from December 16-December 31. Please purchase or use a punch card during this time. If you still have unused punches, we can apply that toward your monthly membership.
- **I am a non-member and I still have a punch card. What can I do?**  
Now is the perfect time to join the Y! Enjoy your cycling classes plus try all the other great classes the Y has to offer included with your new membership! Beginning December 26th and throughout the month of January, we are offering a no joiner's fee promotion to become a member. If you wish to join before December 26th, we will also waive your joiner fee for current non-member spin participants. We will apply your credit for the unused punches toward your membership or other programs the Y offers including personal training.
- **If I'm running late, can I have a friend get my number for me?**  
In order to make it fair for all of our members, only 1 number will be given out per person. You cannot take a number for a friend/spouse. The person must be present in order to get a space in line.
- **What are the benefits of becoming a member and why the changes?**  
Aside from an adult monthly membership being a lower cost than a drop-in punch card and some of the non-member class fees, we also offer many member benefits including: free group fitness classes for members (land, water & cycling!), free child watch & activity center for your kids with a family membership, and reciprocity at over 2,000 Y's across the country. We are also adding additional classes to the schedule so everyone can attend! These changes are being made to help enhance the member experience at Southlake Family YMCA. We want members to have the flexibility to enjoy all the Y has to offer—and free group fitness is one of those special member benefits.

## **SOUTHLAKE FAMILY YMCA**

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