



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Montachusett  
Community Branch YMCA**

55 Wallace Ave, Fitchburg

**YMCA OF CENTRAL MASSACHUSETTS**

[www.ymcaofcm.org](http://www.ymcaofcm.org) #YMCAofCM

# RIDE AND SHINE



**Early Morning Spin Class at  
the Montachusett Community Branch  
with Clarence**

**SPIN YOUR WAY INTO A  
HEALTHY NEW YEAR!**

**FRIDAYS AT**

**6:15 am**

**STARTING ON**

**JANUARY 20TH**

