



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOMETHING NEW CYCLING THROUGH

Coming Soon to our Wellness Center DANVILLE FAMILY YMCA

The New Year at the Danville Family YMCA will be packed with exciting new, state-of-the-art equipment. We are replacing 6 treadmills, adding 1 Stair Step Machine, and adding 2 new Rowers, and adding 2 new Espresso Interactive Spin Bikes to our Wellness Center. Check out the info below to learn more about our new equipment:

TREADMILLS, STAIR STEPPERS FEATURES INCLUDE:

- Easy to use touchscreen
- Television built into screen
- Apps designed for fitness
- Compatible with most smartphones and tablets for video, audio, charging, and on screen playlist
- Netflix, Hulu, and other streaming services available.
- And much more!

EXPRESSO SPIN BIKES :

- Interactive, competitive games which includes Road Racing, Studio Cycling, HIIT Gaming
- Compete with friends and families from other YMCAs in your choice of the many games and challenges.
- 26.5 inch HD touchscreen
- State-of-the-art turning handlebars
- And much more!

