



the **Y** | **175** YEAR ANNIVERSARY
YMCA

STEP, SPIN & ZUMBA-A-THON

Supporting the Strong Kids Campaign:

Join us for a fun and energetic Step, Spin and Zumba event to help provide youth sports, child care, and summer camp opportunities for families in our community.

Supports: Funds support the Y's Scholarship Program. Can't ride? You can still participate by donating or sponsoring a rider.

Registration includes:

- Lunch
- Event T-shirt
- Take-home gift bags
- 1 Raffle ticket

Zumba, Step, & Spin Sessions (Back-to-Back):

- Session 1: **Spin** = 9:00 AM – 9:45 AM (Gym)
- Session 2: **Step** = 10:00 AM – 10:45 AM (Gym)
- Session 3: **Zumba** = 11:00 AM – 12:00 PM (Aerobic Room)

DATE: Saturday, March 28th

ADMISSION FEE: \$40 FOR EACH EVENT OR \$100 FOR ALL EVENTS

 732-257-4114

 raritanvalleymca.org

 144 Tices Lane
East Brunswick NJ 08816

**RARITAN VALLEY YMCA
RIDE TO CHANGE LIVES SPIN-A-THON
2026 REGISTRATION FORM
Saturday, March 28th**

Spin 9AM-9:45AM (GYM)
Step 10AM-10:45AM (GYM)
Zumba 11AM-12PM (AEROBIC ROOM)

There is limited space available. Reservations are **first come first serve**.
We are also seeking event sponsors! Put your company's logo at our event!

Individual rider fee is \$40 per person; per hour which includes a T-Shirt and a Y goody bag full of gifts. We hope that in addition, each rider will collect \$100 or more in sponsorships or donations. The 4 participants who collect the highest in donations will compete for special raffle prizes.

All riders and donors are invited to a Jersey Mike's and Carrabba's lunch at noon at the Y. You may sign up to participate for 1-3 hours at the fee of \$40 per hour. Please indicate preferred participation times below. There is limited space and reservations are first come; first serve. **Many thanks to our great donors, instructors, volunteers, and staff!**

Individual Rider: _____ Available Ride Time _____

Circle preferred time slots (\$40 per hour): **9am – Spin** **10am – Step** **11am - Zumba**

Registration Information:

Name: _____ Shirt Size _____ \$ _____ Pd.

Phone # _____ Email _____

I cannot participate but I will donate:

Name: _____ Donation pledge\$ _____ Payment enclosed\$ _____

Address: _____

Phone # _____ Email _____

Registration forms are due by March 28th!

Send forms to: Raritan Valley YMCA 144 Tices Lane, East Brunswick, NJ 08816 OR to contribute go to www.raritanvalleymca.org and click on the DONATE button. You can direct your sponsors to do the same. Bring the family; babysitting and youth programs provided.

For up to date information, visit www.raritanvalleymca.org or call the Y at 732-257-4114 with credit card information. **This event is sponsored in part by a CDC-YUSA grant educating on vaccinations and healthy living.**