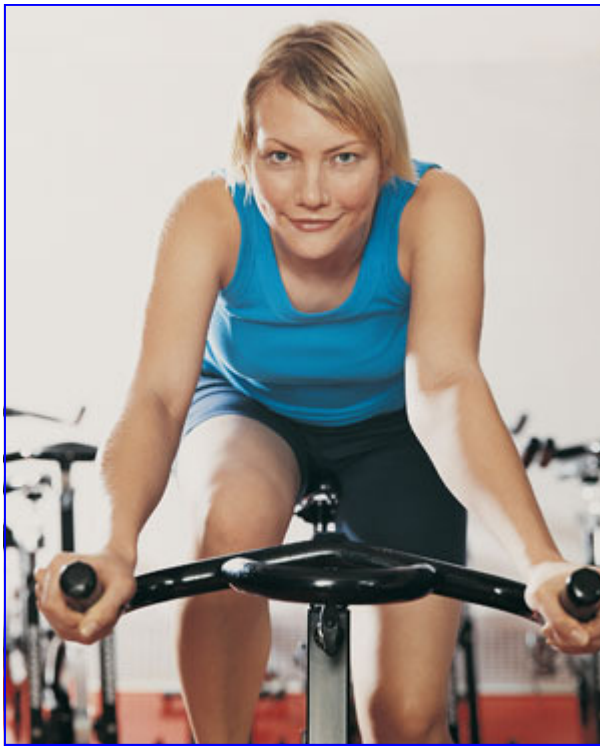


**CAN YOU FEEL IT?**  
**SPINNING MADNESS IS**  
**COMING!**



**SATURDAY,  
SEPTEMBER 25th IS  
WHEN THE Y FOR ALL  
SPIN A THON  
CRANKS IT UP!**

See the **Sterling Front** desk or  
Contact **Andrew Walker, Director of Health and Wellness** at  
[walkera@northshoreymca.org](mailto:walkera@northshoreymca.org) or **978-564-3486** for details on how to be a part  
of the **2010 Y For All Spin A Thon.**

**YHEALTH & FITNESS™**  
We build strong kids, strong families, strong communities.