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South Tampa YMCA Hosts Spin-A-Thon Fundraising Event

Tampa, FL (May 1, 2015) – The entire community is invited to get a great workout and enjoy hours of specially-themed rides while raising money for a great cause on Saturday, May 9th. The [South Tampa Family YMCA](#) will host an indoor Spin-A-Thon fundraising event at 4411 South Himes Avenue in Tampa.

Dozens of spinning bikes in an air-conditioned, multi-media room will be available. Six different instructors will keep spirits high and energy flowing while guiding each group through a specially-designed ride accompanied by a customized soundtrack and, in some cases, a video presentation.

Riders of all ages and all levels of experience are welcome to register for any or all of the six rides available during 50-minute blocks. The first ride begins at 6:30am and the day's final ride starts at 11:30am. Spinning bikes may be reserved by individuals, teams of riders who want to cycle together or groups who wish to reserve a bike for the entire event but take turns riding that bike.

In addition to participating in the rides, community members can also show their support by donating gift cards, gift certificates or other items to be used in prize drawings for participants.

The South Tampa Y is proud to say 100% of the dollars raised during the event will go toward scholarships to children, families and individuals who may not otherwise have the opportunity to benefit from the YMCA due to financial hardship.

The cost to participate is \$25 per hour or \$125 for all six rides. The donation reserves a bike and includes complementary food and beverages served throughout the spin-a-thon. Riders are encouraged to bring a hand towel and water bottle. Advance registration is recommended due to the limited number of bikes available for each session. Anyone interested in registering, making a donation or volunteering can contact Wellness Director Josh Brown at 813.839.0210 or josh.brown@tampaymca.org.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org