



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE 11-27-17 TO 12-31-17

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|
| 7:00 AM 60 minutes (Sandy) | 5:45-6:45AM 60 MIN Cycle Shelly-Nov 28 Jenna begins Dec 5 | | | 5:45 AM 60 minutes (Shelly) | 8:10 AM 45 minutes (Rotation) |
| 9:30-10:30AM 60 MIN Cycle/Core Kimberly | | | NEW | 10:00-11:00AM 60 MIN Cycle/Strength Aaron | SUNDAY 11:30 AM 90 minutes (Shelly) |
| <p>If you are new to cycle, please plan to arrive 10 minutes before call for bike set-up. Please bring water to class.</p> | | | <p>You can reserve your bike up to 7 days in advance at the Welcome Desk. Please call to cancel if you can't attend. Reserved bikes will only be held for 5 minutes after class start then made available for stand-by's & walk-ins.</p> | | |
| **5:30 PM 60 minutes Cycle/Core (Missy) | | | 5:30-7:30 Swim Team Dry Land Fridays <i>Held in Cycle Studio</i> | | |
| 6:45-7:45 Youth Jazz Dance Class <i>Held in Cycle Studio</i> | 7:10 PM 60 minutes (Shelly) | 6:00 PM 60 minutes Cycle/ Strength (Evonne) | **6:15 PM 45 minutes (Sandy) | | |

Group Exercise classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.

Certified Group Cycle Instructors:

Patty Cudoc-Gray, Jackie Dickey, Kimberly Donovan, Aaron Hochmann, Sandy Ihlenfeld
Missy Jungling, Evonne Patterson, Jenna Sass, Christine Shuler, Mickey Stewart, Shelly Thieme

CLASS DESCRIPTIONS

**** Class is followed by Functional Yoga (Mon 6:30pm and Thurs 7pm) in the Group Exercise Studio.**

90/60/45 MIN CYCLE: High energy, non-impact group exercise class that integrates music, camaraderie, and visualization. Our bikes allow you a personalized ride to match your fitness ability.

CYCLE/CORE: 45 minutes of cycling and 15 minutes of strengthening abdominals and lower back.

CYCLE/STRENGTH (W): 30 minutes of high intensity cycling combined with 30 minutes of strength training in a fat-burning, circuit format. A hard-hitting, effective combination!

CYCLE/STRENGTH (F): Build strength, stamina & muscle all in 1! This class will mix high intensity resistance riding intervals with strength training movements using dumbbells as well as body weight.

YMCA Contact information:

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