



GROUP CYCLING SCHEDULE

EFFECTIVE 6-19-17 to 9-2-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00AM 60 MIN Cycle Sandy	5:45-6:45AM 60 MIN Cycle Chris W.	5:45-6:45AM 60 MIN Cycle Chris W.		5:45-6:45AM 60 MIN Cycle Shelly	8:10-8:55AM 45 MIN Cycle Rotation
9:30-10:30AM 60 MIN Cycle/Core Kimberly					
IF YOU ARE NEW TO CYCLE, PLEASE PLAN TO ARRIVE 10 MINUTES BEFORE CLASS FOR BIKE SET-UP.					**You can reserve your bike up to 7 days in advance at the Membership Service 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 and walk-ins.** Youth Policy: Must be at least 8 years old and 4'4" for proper bike fit Junior Riders: Ages 11-13 may attend adult classes with a parent. Youth must not be a distraction to the adult class. Adult Classes: Ages 14 and up welcome!
**5:30-6:30PM 60 MIN Cycle/Core Missy					
6:45-8:45 Youth Dance Classes <i>Held in Cycle Studio</i>	7:10-8:10PM 60 MIN Cycle Shelly	6:00-7:00PM 60 MIN Cycle/Strength Evonne	**6:15-7:00PM 45 MIN Cycle 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, Sandy Ihlenfeld, Missy Jungling, Evonne Patterson, Christine Shuler, Mickey Stewart, Shelly Thieme, Chris Wheelock

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: 30 minutes of high intensity cycling combined with 30 minutes of strength training in a fat-burning, circuit format. A hard-hitting, effective combination! Taught by a Personal Trainer.

YMCA Contact information:

Healthy Living Director: Aaron Hochmann ahochmann@bcfymca.org

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