




# GROUP CYCLING SCHEDULE

EFFECTIVE 9-5-17 to 10-28-17

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				Sunday Cycle begins Sept. 10th 	<b>SUNDAY</b> 11:30 AM 90 minutes (Shelly)
<b>IF YOU ARE NEW TO CYCLE, PLEASE PLAN TO ARRIVE 10 MINUTES BEFORE CLASS FOR BIKE SET-UP.</b>				<b>**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.**</b>  <b>Youth Policy:</b> Must be at least 8 years old and 4'4" for proper bike fit  <b>Junior Riders:</b> Ages 11-13 may attend adult classes with a parent. Youth must not be a distraction to the adult class.  <b>Adult Classes:</b> Ages 14 and up welcome!	
**5:30-6:30PM 60 MIN Cycle/Core Missy					
<b>6:45-8:45</b> <b>Youth</b> <b>Dance Classes</b> <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](mailto:ahochmann@bcfymca.org)

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