



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING SCHEDULE EFFECTIVE 1-27-18 TO 2-24-18

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				10:00-11:00AM 60 MIN Cycle/Strength Aaron	<b>SUNDAY</b> 11:30 AM 90 minutes (Shelly)
If you are new to cycle, please plan to arrive 10 minutes before call for bike set-up. Please bring water to class.			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.		
**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)	**5:15 PM 45 minutes (Sandy) NEW TIME begins Jan 25		

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:

Kimberly Donovan, Aaron Hochmann, Sandy Ihlenfeld  
Missy Jungling, Evonne Patterson, Jenna Sass, 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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