



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING SCHEDULE EFFECTIVE 4-23-18 TO 6-16-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM 60 minutes (Sandy)	5:45-6:45AM 60 MIN Cycle (Julie)			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) *Last Ride May 20
If you are new to cycle, please plan to arrive 10 minutes before class 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)					
	7:10 PM 60 minutes (Shelly)	6:00 PM 60 minutes Cycle/ Strength (Evonne)	**5:15 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:

Kimberly Donovan, Aaron Hochmann, Sandy Ihlenfeld  
Missy Jungling, Evonne Patterson, Julie Saeler, 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:

Healthy Living Director: Aaron Hochmann [ahochmann@bcfymca.org](mailto:ahochmann@bcfymca.org)  
Butler YMCA • 339 North Washington St • Butler PA 724-287-4733 [www.bcfymca.org](http://www.bcfymca.org)