



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE 10-29-18 TO 12-31-18

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)				SUNDAY 11:30AM-1:00PM November 4 Shelly November 18 Shelly December 2 Jamie December 16 Shelly	
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.	
6:00 PM 60 minutes Metabolic Conditioning Intervals (Shelly)	7:10 PM 60 minutes (Shelly)	6:15 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, Sandy Ihlenfeld, Jamie Knauff, Evonne Patterson, Julie Saeler, Shelly Thieme

CLASS DESCRIPTIONS

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. For the 90 minute class, stay for as little or as long as you like!

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!

METABOLIC CONDITIONING INTERVALS: This class challenges the entire body, combining high-intensity intervals on the bike with strength/resistance sets using free weights and body weight to build muscle, torch calories & burn fat long after the workout ends. Recommended for regular exercisers ready to take it up a notch!

YMCA Contact information: Healthy Living Director: Julie Saeler jjaeler@bcfymca.org
 Group Exercise Coordinator: Mickey Stewart
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