



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING SCHEDULE EFFECTIVE JANUARY 2, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:00-7:00AM</b> 60 MIN <b>Rise &amp; Shine!</b> Rochelle		<b>6:00-7:00AM</b> 60 MIN <b>Cycle/Core</b> Rochelle	<b>6:00-7:00AM</b> 60 MIN <b>20/20/20</b> Instructor Rotation	
<b>9:30-10:30AM</b> 60 MIN <b>Cycle/Core</b> Kimberly					
<b>If you are new to cycle, please plan to arrive 10 minutes before class for bike set-up. Please bring water to class.</b>			<b>12:00-12:45PM</b> 45 MIN Cycle <b>Lunch Break</b> April	<b>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 and walk-ins.</b>	
<b>5:15-6:00PM</b> 45 MIN Cycle Sandy	<b>5:45-6:45PM</b> 60 MIN <b>Cycle/Core</b> <b>LIGHTS OUT!</b> Jamie	<b>6:15-7:00PM</b> <b>LIGHTS OUT!</b> Rochelle			

*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, Rochelle Graham, Sandy Ihlenfeld  
Jamie Knauff, Tammy McGaughey, Evonne Patterson, April Payne

## CLASS DESCRIPTIONS

**20/20/20:** This total body, fusion type class takes you through 20 minutes of cycle, 20 minutes of strength training and 20 minutes of dynamic core work!

**30 MIN CYCLE:** High energy, non-impact group exercise class that integrates music, camaraderie, and visualization. Personalized for each participant's fitness ability.

**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 cycle followed by 15 minutes of core strength. The core component will focus on building your core muscles from a 360 degree perspective: rectus, obliques, transverse (deep core) and back. Mini ball will be incorporated as well as floor exercises.

**LIGHTS OUT!** Lean into the energy of Group Cycle with this energy-boosting "Lights Out" cycle experience. Dig in to your own ride while feeling the pump of the music & mood boost of colored lights!

**RISE & SHINE!** Hard driving cycle intervals for 30 minutes and then 30 minutes of core & stretch!

**YMCA Contact information:** Membership & Healthy Living Director: Heidi Nicholls Bowser  
Group Exercise Coordinator: Mickey Stewart