



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE MARCH 6, 2023

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