



GROUP CYCLING SCHEDULE

EFFECTIVE 3-1-20 to 4-25-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00AM 60 MIN Cycle Sandy	5:45-6:45AM 60 MIN Cycle Rochelle			6:00-6:45AM 45 MIN Cycle Rotation	8:10-8:55AM 45 MIN Cycle 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.				**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.** Youth Policy: Must be at least 8 years old and 4'4" for proper bike fit Junior Riders: Ages 11-13 may attend adult classes with a parent. Youth must not be a distraction to the adult class. Adult Classes: Ages 14 and up welcome!	
			5:15-6:00PM 45 MIN Cycle Sandy		
6:00-7:00PM 60 MIN Cycle Evonne		5:30-6:15PM 45 MIN Cycle Alyssa			

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, Evonne Patterson, Darcie Paule, Alyssa Pietropaolo, Jim Relihan, Shelly Thieme

CLASS DESCRIPTIONS

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 cycle followed by 15 minutes of core strengthening and stretch. The core strength 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.

YMCA Contact information:

Membership & Healthy Living Director: Heidi Nicholls Bowser

Group Exercise Coordinator: Mickey Stewart

Butler YMCA • 339 North Washington St • Butler PA 724.287.4733 www.bcfymca.org