



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE EFFECTIVE 6-2-19 TO 6-30-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00AM O.T.E. On The Edge (Sandy)		6:00-6:45AM 45 MIN Cycle (Alyssa)		5:45 AM 60 minutes (Julie)	8:10 AM 45 minutes (Rotation)
9:30-10:30AM 60 MIN Cycle/ Mini Ball Core (Kimberly)		NEW DAY! ↑			
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.		
5:15-6:00PM 45 MIN Cycle (Alyssa)					
NEW TIME! ↑		6:15 PM 60 minutes Cycle/ Strength (Evonne)	5:15 PM O.T.E. On The Edge (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, Darcie Paule, Alyssa Pietropaolo, Julie Saeler, 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/MINI BALL CORE: 45 minutes of cycling and 15 minutes of 360 degree core work (front, back, top and bottom and most importantly, from the inside out) with the mini ball. Work your core harder with less effort.

CYCLE/STRENGTH: If you are NEW to cycling.. This class is for YOU! If you need strength training help, come to this class! Featuring 30 minutes of cycling and 30 minutes of strength training. Appropriate for ALL fitness levels. Taught by a Personal Trainer.

O.T.E. (On The Edge): This cycle class will help you maximize your calorie burn by using endurance training to keep you on the edge of your ability. We will focus on the Rating of Perceived Exertion Chart to understand intensity as it pertains to performance.

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