



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE 8-31-20 TO 10-23-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00-6:45 AM 45 MIN Cycle Rochelle		6:00-6:45AM 45 MIN Cycle Jim	
9:30-10:15 AM 45 MIN Kimberly					
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 3 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.	
			6:00-6:45 PM 45 MIN Cycle Evonne		
5:15-6:00 PM 45 MIN Cycle 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, Rochelle Graham
Sandy Ihlenfeld, Jamie Knauff, Evonne Patterson, Jim Relihan

CLASS DESCRIPTION

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.

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