



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE EFFECTIVE 9-3-19 TO 10-26-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM 60 MIN Cycle Sandy	5:45 AM 60 MIN Cycle Rochelle			6:00 AM 45 MIN Cycle Rotation	8:10 AM 45 MIN Cycle Rotation
9:30 AM 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.				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.	
6:00 PM 60 MIN Cycle Darcie	6:00 PM 45 MIN Cycle Alyssa	6:15 PM 60 MIN Cycle/Strength Evonne	5:15 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, 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.

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.

YMCA Contact information:

Group Exercise Coordinator: Mickey Stewart
Butler YMCA • 339 North Washington St • Butler PA 724-287-4733 www.bcfymca.org