



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE OCTOBER 28, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM 60 MIN Cycle Cycle/Core Rochelle			6:00-7:00AM 60 MIN Cycle Cycle/Core Instructor Rotation	
9:30-10:30AM 60 MIN Cycle/Core Begins Nov. 4 Kimberly				12:15-1:00PM 45 MIN Cycle Lunch Cycle! Evonne	
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. 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 (Nov 4)		6:00-7:00PM 60 MIN Cycle Cycle/Core 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, Jim Relihan

CLASS DESCRIPTIONS

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.

YMCA Contact information: Membership & Healthy Living Director: Heidi Nicholls Bowser
Group Exercise Coordinator: Mickey Stewart