





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING SCHEDULE

## EFFECTIVE MARCH 3, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:00-7:00AM</b> <b>60 MIN</b> <b>Cycle/Restore and Release</b> <b>Rochelle</b>			<b>6:00-7:00AM</b> <b>60 MIN</b> <b>Cycle/Core</b> <b>Instructor Rotation</b>	
<b>9:30-10:30AM</b> <b>60 MIN</b> <b>Cycle/Core</b> <b>Kimberly</b>				<b>12:15-1:00PM</b> <b>45 MIN</b> <b>Lunch Cycle</b> <b>Evonne</b>	
<b>If you are new to cycle, please plan to arrive 10 minutes before class for bike set-up. Please bring water to class.</b>				<b>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.</b>	
<b>5:15-6:00PM</b> <b>45 MIN Cycle</b> <b>Sandy</b>			<b>5:30-6:30PM</b> <b>60 MIN</b> <b>Cycle/Core</b> <b>Rochelle</b>		

*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.

**CYCLE/RESTORE AND RELEASE:** A wonderful blend of intensity and restoration. 30 minutes of cycle followed by 30 minutes of Core, Balance, and Flexibility. Get it done early!

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