



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE JUNE 30, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------|-----------|--|--|----------|
| | | | | 6:00-7:00AM 60 MIN Cycle/Core Instructor Rotation | |
| | | | | 12:15-1:00PM 45 MIN Lunch Cycle Evonne | |
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| 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. | |
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| 5:15-6:00PM 45 MIN Cycle Sandy | | | 5:30-6:30PM 60 MIN Cycle/Core Instructor Rotation | | |

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: Healthy Living Director: Heidi Nicholls Bowser
Group Exercise Coordinator: Mickey Stewart