



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING SCHEDULE

## EFFECTIVE OCTOBER 6, 2025

| MONDAY                                                                                                               | TUESDAY | WEDNESDAY | THURSDAY                                              | FRIDAY                                                                                                                                                               | SATURDAY |
|----------------------------------------------------------------------------------------------------------------------|---------|-----------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|                                                                                                                      |         |           | 8:30-9:15AM<br><b>Cycle 45</b><br>April<br><b>NEW</b> | 6:00-7:00AM<br>60 MIN<br><b>Cycle/Core</b><br>Instructor<br>Rotation                                                                                                 |          |
|                                                                                                                      |         |           |                                                       | 12:15-1:00PM<br>45 MIN<br><b>Lunch Cycle</b><br>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<br><b>Cycle 45</b><br>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, Tammy McGaughey, Evonne Patterson, April Payne, Jim Relihan

## CLASS DESCRIPTIONS

**CYCLE 45:** 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