



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE SEPTEMBER 6, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM 60 MIN Cycle/Restore Rochelle	8:30-9:15AM Cycle 45 April thru 10/14 Kimberly begins 10/21	9:15-10:00AM Cycle 45 April	6:00-7:00AM 60 MIN Cycle/Core Instructor Rotation	
				12:15-1:00PM 45 MIN Lunch Cycle Evonne/April	
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.	
5:00-5:45PM Cycle 45 Jamie			5:30-6:30PM 60 MIN Cycle/Core Penny 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: Penny Birch, 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.

CYCLE/RESTORE: Start with 30 minutes of HIIT cycle to boost cardio and endurance followed by 30 minutes of stretching, balance and core work to improve flexibility and stability. Train hard, recover smart!

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