



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

EFFECTIVE JULY 1, 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	
				12:00-12:45PM 45 MIN Cycle Lunch Cycle! 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 at the Welcome Desk. Please call to cancel if you can't attend. 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	6:15-6:45PM 30 MIN Cycle HIIT Cycle 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, April Payne, 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.

HIIT CYCLE: 30 minutes of High Intensity Interval Training on the bike! Intervals will consist of sprints, quick climbs, jumps, tap-backs, and high resistance steady rides, allowing you to torch calories in a quick and effective manner. Remember, this is your ride, go as easy or hard as you'd like just by adjusting your gears!

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