



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING SCHEDULE EFFECTIVE SEPTEMBER 3, 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	
				12:15-1:00PM 45 MIN Cycle Lunch Cycle! Evonne	<b>NEW TIME</b>
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 45 MIN Cycle Tammy		<b>NEW</b> 6:00-7:00PM 60 MIN Cycle Cycle/Core 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, 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:** Membership & Healthy Living Director: Heidi Nicholls Bowser  
Group Exercise Coordinator: Mickey Stewart