

Y HEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Group Cycling Schedule

Bold highlights = new class or time change

Classes are FREE with YMCA Membership unless denoted with \$\$

Schedule effective February 22, 2010

Key Code: B=Beginners I=Intermediate A=Advanced

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|--|
| | | 6:00-7:00a Sunrise cycling (Karlene) | | 8:00-8:50a Power Ride (Elsa) Class Begins March 5th | 8:00-9:00a Power Ride (Cristin) Class begins March 13th | |
| 9:00-10:30a Spin and Sculpt (Lisa) *see description* | 9:00-9:50a Power Ride (Holly) | 9:00-10:00a Power Ride (Peter W) | | 9:00-10:00a Ride for the Race (Peter W) | 9:10-10:10a Cycle Fit (Holly/Elsa) | |
| 12:15-1:00p Lunch Ride (Holly) | | 12:15-1:00p Lunch Ride (Holly) | | | |  |
| | | 5:15-6:00p Cycle Fit (Lisa) |  |  | | |
| 6:00-7:00p Race Day (Cristin) | 6:00-7:00pm Race Day (Peter) | 6:30-7:30p Sprint to Finish (Adriane) | 5:30-6:30p Race Day (Peter T) | | | |
| | | | | | | |

Y Sign up at the front desk or call to reserve your bike 521-0155

Y Arrive 5 minutes early to hold reservation

Y BRING WATER!

Y Dress for comfort-padded shorts helpful for beginners!

Y *CYCLE 101 classes – By Appointment!

**Y For your safety no one will be allowed into class
10 minutes after class begins**

Y Cancellations will be posted beside the studio door

Group Cycle Reservation Policy

Reservations for classes are taken the day of classes only. A reservation reserves a bike in your name and ensures that each member has a bike to use for the class.

Reservations will NOT be taken prior to the times listed below.

You may only reserve one bike per day. If you wish to attend a second class, you will need to check with the front desk at the beginning of class to see if a bike is available.

If bike is available you may participate.

If you are on the alternate list, please check with front desk by phone or walk-in to see if a bike has come available. There is a five-minute grace period for latecomers, after which their bike will be given away to the next person on the alternate list. If you know you're going to be late phone the front desk to let them hold your reservation. **Because of the high demand for cycling classes,**

failure to arrive before class starts may result in the forfeiture of your bike. If you have reserved a bike but cannot make it to class please be considerate and cancel your reservation.

This allows us to assign your bike to another member.

Class Reservation Times

Early AM

**Call the night prior to class anytime after 6:30p
or morning of class anytime after 5:00a**

For Morning Classes:

Call after 8:00a the day of class

For Evening Classes:

Call between 1:00p-3:00p the day of class.

Group Cycling Class Descriptions

It is strongly advised you seek **Medical Clearance from your Doctor** before beginning a new Exercise Program.

Cycle 101: Learn how to set up your bike and take a short journey to help you prepare for a cycling class. By appointment, new cyclists ONLY, contact Christy Clausen at 521-0155.

Cycle Fit: A dynamic, stationary, group cycling experience led by a specially trained instructor. For beginners and seasoned athletes Cycle Fit classes will help strengthen and tone both body and mind. Beginners should arrive five minutes early to be fitted.

Power Ride: This class focus is on improving your speed, agility and endurance.

Race Day: Training for the real race is the focus in this class. This class will incorporate sprints with endurance to get you ready for the big race.

Family Cycling: Cycling for the whole family! Parents are welcome but do not need to accompany child. Parent must sign child up for class. Ages 8& up. Child must be tall enough for bike, Instructor will determine.

Spin and Sculpt: Combine the joy of indoor cycling with the benefits of weight training! Start with a 45 minute power ride, and then move next door for a 40 minute full body sculpt class. Class will include everything from basic to advanced exercises. You must attend the cycling portion to attend the sculpt class. (A)