



Indoor Cycling Classes

Sometimes referred to as "Spinning," Indoor Cycling is a fitness class that is performed on stationary bikes to music. Instructors will guide you through an entire biking adventure that will challenge the most fit, but is very modifiable for those that are just starting their fitness journey. Classes will climb simulated hills, jump and sprint their way past "racing opponents", and have a nice flat ride through the "countryside". Instructors will try to motivate you to work at your peak performance to reach your target heart rate, all the while cueing form and intensity. You'll have a ton of fun while enjoying a great ride time after time, not to mention burning an enormous amount of calories.

Cycling Studio Class Schedule *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am Cycling w/Liz	6 am Cycling w/Mike		6 am Cycling w/Mike	6 am Cycling w/Liz	9:30 am Cycling w/Leigh	10:30 am Cycling w/Kevin or Liz
8:30 - 9:30am Yoga w/ Carol	8:30 am Cycling w/Kim	8:30 - 9:15 am Yoga w/ Sheila		8:00 - 8:45 am Pilates w/ Paula	10:30 - 11:30 am Yoga w/ Leigh	
5:15 pm - 6:00 pm Beginner Cycling w/Ellen * Same Price as all other classes*			5:30 - 6:15 pm Pilates w/ Ellen	9:00 am Cycling w/Kim	12:00 pm Cycling w/ Instructor Rotates Level: Various	12:00 pm Cycling w/Liz
6:30 pm Cycling w/Liz	7:00 pm Cycling w/Kevin	6:30 pm Cycling w/Liz	7:00 pm Cycling w/Kevin	4:30 pm Cycling w/ Instructor Rotates Level: Various	1:30 pm Cycling w/Ellen	

Fees:

Members \$4.00 per class

Non-Members \$10.00 per class

Temporary Membership Card-Holders must pay Non-Member Price

Please note:

All classes must have a minimum of 6 participants to proceed

All Class and Program Times, Dates and Prices are subject to change by the YMCA at any time.

Due to a limited number of bikes, it is necessary for you to reserve a bike by calling the front desk.

RESERVATIONS CAN BE MADE AFTER 12:00 pm ON THE **DAY BEFORE** THE CLASS MEETS (for ex. Mon. at noon for Tuesday class)

* Please bring a towel, bottle of water and arrive 10 minutes before class!