

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:15-6:15a	Cycle	Jen	9:00-10:00a	Cycle	Amy
10:15-11:15a	Yo Cycle (Yoga-Cycle)	Dana			
5:30-6:30p	Cycle FLOAT IN/OUT	Adam			
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
5:30-6:30a	Cycle & Core	Jeannie	5:30-6:30a	Cycle & Core	Jeannie
9:00-10:00a	ABC Abs/Buns/Cycle	Robin	9:00-10:00a	ABC Abs/Buns/Cycle	Jamie
4:30-5:15p	Cycle	Tracy			
5:30-6:15p	Beginnin Cycle	Barry			
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
9:15-10:00am	Scenic Senior Cycle	Dana	9:00-10:00a	Cycle	Rotation
5:30-6:30p	Cycle FLOAT IN/OUT	Adam			

**VIRTUAL CYCLE CLASSES AVAILABLE FOR YOUR CONVENIENCE!
ASK A STAFF PERSON TO SET IT UP FOR YOU!**

**BRING YOUR WATER BOTTLE
AND TOWEL!**

PLEASE LET THE INSTRUCTOR KNOW IF IT IS YOUR FIRST TIME CYCLING IN ORDER TO SET YOUR BIKE UP PROPERLY. IT IS RECOMMENDED TO CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

Cycle classes are great fun for all levels of fitness because you control the intensity of your workout! Indoor cycling has proven that man against machine workouts are better in groups. In this instructor led class you can burn calories while riding to motivating music!

TEXT ALERTS



Want to stay connected to the Y Group Fitness? Want to know in the event of cancelled classes? Then sign up for our text alerts!

Text @ragx1 to 81010 to get connected!

*Standard text message rates apply.