

EAST AREA FAMILY YMCA CYCLE SCHEDULE

September 11th –November 5th

Monday	Class	Instructor	Level
5:45am-6:30am	Cycle	Karen B.	Beginner-Advanced
8:30am-9:15am	Cycle	Monika M.	Beginner-Advanced
9:30am-10:15am	Cycle	Christine W.	Beginner-Advanced
4:30pm-5:15pm	Cycle	Cindy V.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Maria R.	Beginner-Advanced
6:30pm-7:15pm	Cycle	Chantal C.	Beginner-Advanced
Tuesday	Class	Instructor	Level
5:45am-6:30am	Cycle	Angela	Beginner-Advanced
8:30am-9:15am	Cycle	Joy B.	Beginner-Advanced
9:30am-11:00am	Spin & Strength	Heidi M.	Beginner-Advanced
4:30pm-5:15pm	Cycle	Lee P.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Amy R./Rachele W.	Beginner-Advanced
6:30pm-7:15pm	Cycle	Emily Z.	Beginner-Advanced
Wednesday	Class	Instructor	Level
5:45am-6:30am	Cycle	Karen B.	Beginner-Advanced
8:30am-9:15am	Cycle	Heather S.	Beginner-Advanced
9:30am-10:15am	Cycle	Rachele W.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Caryle Z./Mary M.	Beginner-Advanced
6:30pm-7:15pm	Cycle	Chantal	Beginner-Advanced
Thursday	Class	Instructor	Level
5:45am-6:15am	Cycle	Ron K.	Beginner-Advanced
8:30am-9:15am	Cycle	Amy S.	Beginner-Advanced
9:30am-10:15am	Cycle	Monika M.	Beginner-Advanced
4:30pm-5:15pm	Cycle	Lee P.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Angela G.	Beginner-Advanced
6:30pm-7:15pm	Cycle	Brian H.	Beginner-Advanced
Friday	Class	Instructor	Level
5:45am-6:30am	Cycle	Chantal C.	Beginner-Advanced
8:30am-9:15am	Cycle	Monika M.	Beginner-Advanced
9:30am-10:30am	Cycle 60	Heather S.	Intermediate-Advanced
5:30pm-6:15pm	Cycle	Darcy D.	Beginner-Advanced
Saturday	Class	Instructor	Level
8:00am-8:45am	Cycle	Ron K.	Beginner-Advanced
9:00am-10:15am	Advanced Cycle	Chin O.	Intermediate-Advanced
10:30am-11:15am	Cycle	Christine W.	Beginner-Advanced
Sunday	Class	Instructor	Level
8:30am-9:15am	Cycle	Karen/Mary/Rachele	Beginner-Advanced
9:30am-10:15am	Cycle	Angela	Beginner-Advanced

**All participants must be 8 years of age or older
and must be 4'09" or taller for cycle classes**

Advanced Cycling: Take your cycle ride to the next level with this motivating class! Rides will be challenged with extreme intervals and techniques during this intense ride.

Cycle: Indoor cycling classes are exciting and designed to improve your overall cardiovascular endurance. All levels of fitness are welcome.

Cycle 60: This is a challenging class that bumps up your cardio work-out to 60 full minutes on the bike.

Cycle 101: Learn how to set up on the bike, and the fundamentals of indoor cycling. Get comfortable with the bike and terminology, then progress to other classes on the schedule.

Spin & Strength: Get your full day's cardio and strength all in one. Cycle for 45 minutes and then move on to 30-40 minutes of strength conditioning that is designed to increase muscle endurance and sculpt one's entire body! A variety of weightlifting equipment and techniques are incorporated.