

EAST AREA FAMILY YMCA

CYCLE SCHEDULE

March 6th – April 30th

Monday	Class	Instructor	Level
5:45am-6:30am	Cycle	Angela G.	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	Patty R.	Beginner-Advanced
8:30am-9:15am	Cycle	Joy B.	Beginner-Advanced
9:30am-11:00am	Ride & Ripped	Kimberly W.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Bridget K	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
4:30pm-5:15pm	Cycle	Kimberly W.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Caryle Z./Mary M.	Beginner-Advanced
6:30pm-7:15pm	Cycle	Chantal C.	Beginner-Advanced
Thursday	Class	Instructor	Level
5:45am-6:30am	Cycle	Ron K.	Beginner-Advanced
8:30am-9:15am	Cycle	Amy G.	Beginner-Advanced
9:30am-11:00am	Ride and Ripped	Heidi M.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Amy R.	Beginner-Advanced
6:30pm-8:00pm	Gear Up toTri	Brian H.	Intermediate-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
5:45am-7:45am	Gear Up to Tri	Brian H.	Intermediate-Advanced
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
9:00am-9:45am	Cycle	Kimberly W.	Beginner-Advanced
11:00am-12:00pm	Cycle 60	Amy G.	Intermediate-Advanced

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 101: Learn the proper set up and riding techniques in this beginner cycling class. A portion of this class is instructional and concludes with a shorter ride. Participate in this safe and effective workout, and find out if cycling is right for you.

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

Ride & Ripped: 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.

All participants must be 8 years of age or older
And must be 4'11" or taller for cycle classes