



Albemarle Family YMCA Cycling Schedule

FEBRUARY 2012

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

	Intro Class	Starter Class	Level I Class	Level II Class	Multi-Level Class		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	5:45-6:30		5:45-6:30 Cycling & More		5:45-6:30		
AM		8:00-9:00		8:00-9:00		8:00-9:00	
	9:00-10:00		9:00-10:00 Cycling & More		9:00-10:00	10:00-11:00	
	11:00-11:40 Intro to Cycle	12:00-12:30 Express					
PM		5:30-6:30		5:30-6:30			
		6:30-7:10 Intro to Cycle <i>1st Tues. of the Month</i>				Classes that consistently have fewer than 6 participants are subject to cancellation.	

THE YMCA INDOOR GROUP CYCLING PROGRAM IS DESIGNED FOR ALL RIDERS AND MULTI-FITNESS LEVELS.

The classes are non-competitive group trainings, which allows each participant to choose his or her own level of intensity. Our cycling coaches are encouraged to make the classes fun, safe and challenging. 13-15 year olds must be accompanied by a parent. We encourage new participants **arrive EARLY** to arrive at least 10 minutes

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Please bring a water bottle and towel to class.

Heart rate monitors are recommended to ensure exercise intensity.

Each class includes a warm-up, work phase and cool down. For your safety, if you arrive after the warm up has been completed, please wait for the next class.

Class Descriptions

Levels

Intro Classes are 30 minutes, designed to be attended one or more times. Basics of equipment usage, positions and techniques of various class types will be introduced.

Starter Classes are 30 minutes, geared toward the beginner exerciser.

Level I Classes are 15 to 60 minutes, geared toward the beginner to intermediate exerciser.

Level II Classes are 15 minutes or longer, geared toward the intermediate to advanced exerciser.

Multi Level Classes are 15 minutes or longer, geared to accommodate the beginner to advanced exerciser.

Classes

Cycling is performed on a stationary bicycle, focusing on proper body alignment and cycling techniques. Please bring a towel and water.

Cycle and More combines a cardiovascular workout on the stationary bike followed by a strength workout focusing on the upper body and core utilizing dumbbells, bands and other equipment.