



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP CYCLE SCHEDULE

GREAT BRIDGE/HICKORY FAMILY YMCA – WINTER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00- 6:45AM multi-level	6:00- 6:45AM multi-level	6:00- 6:45AM multi-level	6:00- 6:45AM multi-level	6:00- 6:45AM multi-level		
8:30- 9:15AM multi-level	8:30- 9:15AM multi-level	Group Cycle Room CLOSED Wednesdays 8:15 - 9:15AM	8:30- 9:15AM multi-level	8:30- 9:15AM multi-level	8:30- 9:30AM multi-level	
9:30-10:15AM multi-level	9:30-10:30AM multi-level	9:30-10:15AM multi-level	9:30-10:15AM multi-level	9:30-10:15AM multi-level	9:45- 10:45AM multi-level	
10:30-11:15AM starter class						
12:00-12:45PM multi-level		12:00-12:45PM multi-level				1:15-2:00PM multi-level
	4:30-5:15PM multi-level		CLASSES THAT CONSISTENTLY HAVE FEWER THAN 8 PARTICIPANTS ARE SUBJECT TO CANCELLATION.			4:00- 4:45PM Inspirational Ride multi-level
5:30- 6:15PM multi-level	5:30- 6:15PM multi-level	5:30- 6:15PM multi-level				
				5:45- 6:30PM multi-level		
			6:00- 7:00PM multi-level			
6:30-7:15PM multi-level	6:30-7:15PM multi-level					
		BEGINS FEB.2	7:15-8:00PM multi-level			<i>updated Jan. 18</i>

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

Each class includes a warm-up, work phase and cool-down.

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 to arrive at least 10 minutes prior to class start time for special set-up assistance.

arrive EARLY

Please bring a water bottle and towel to class.

Heart rate monitors are recommended to ensure exercise intensity.