

YGROUP CYCLING

Great Bridge/Hickory
Family YMCA

SUMMER 2010

effective June 21

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	6:00 - 6:45 <i>multi-level</i>	6:00 - 6:45 <i>multi-level</i>	6:00 - 6:45 <i>multi-level</i>	6:00 - 6:45 <i>multi-level</i>	6:00 - 6:45 <i>multi-level</i>		
AM	8:30 - 9:15 <i>multi-level</i>	8:30 - 9:15 <i>multi-level</i>	8:30 - 9:15 <i>multi-level</i>	8:30 - 9:15 <i>multi-level</i>	8:30 - 9:15 <i>multi-level</i>	8:30 - 9:30 <i>multi-level</i>	
	9:30 - 10:15 <i>multi-level</i>	9:30 - 10:15 <i>multi-level</i>	9:30 - 10:15 <i>multi-level</i>	9:30 - 10:15 <i>multi-level</i>	9:30 - 10:15 <i>multi-level</i>	9:45 - 10:45 <i>multi-level</i>	
	10:30 - 11:15 <i>starter class</i>						
PM			5:00 - 5:45 <i>multi-level</i>				1:15 - 2:15 <i>multi-level</i>
	5:30 - 6:15 <i>multi-level</i>	5:30 - 6:15 <i>multi-level</i>		5:30 - 6:15 <i>multi-level</i>	5:30 - 6:15 <i>multi-level</i>		2:30 - 3:00 <i>intro class</i>
			6:00 - 6:45 <i>multi-level</i>				Inspirational Ride 4:00 - 4:45 <i>multi-level</i>
	6:30 - 7:15 <i>multi-level</i>	6:30 - 7:15 <i>multi-level</i>		6:30 - 7:15 <i>multi-level</i>		Classes that consistently have fewer than 8 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 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.

updated June 21

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



We build strong kids, strong families, strong communities.

www.ymcashr.org

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