



# Group Cycling

Indian River Family YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	<b>Cycle</b> 6:00am-7:00am			<b>Cycle &amp; Strength</b> 6:00am-7:00am	<b>If you are new to group cycle classes, please arrive 15 minutes early for a bike fitting. Please bring a towel and a bottle of water to each class.</b>		
	<b>Cycle</b> 9:30am-10:00am	<b>Cycle</b> 9:30am-10:15am	<b>Cycle</b> 9:30am-10:15am	<b>Cycle</b> 9:30am-10:15am	<b>Cycle</b> 9:30am-10:15am	<b>Cycle</b> 9:45am-10:45am	
<b>PM</b>	<b>Cycle</b> 5:30pm-6:15pm	<b>Cycle</b> 5:30pm-6:15pm	<b>Starter Cycling</b> 6:00pm-6:45pm	<b>Cycle</b> 5:30pm-6:15pm	<b>Cycle &amp; Strength</b> 5:30pm-6:30pm		<b>Cycle</b> 1:30pm-2:15pm
	<b>Cycle</b> 6:30pm-7:30pm	<b>Cycle</b> 6:30pm-7:30pm					

Each class includes a warm-up, work phase and cool-down. We want to make sure to answer any questions that you may have. Please feel free to consult the member services desk anytime if you need more information on our classes. Classes that consistently have fewer than 5 participants are subject to cancellation.

## CHILD CARE HOURS (CLOSED TOE SHOES REQUIRED AT ALL TIMES IN STAY AND PLAY AND I-ZONE)

Stay and Play Hours	Interactive Zone Hours
Monday-Friday: 8:00am-12:00pm Monday-Thursday: 4:30pm-8:00pm Friday: 4:30pm-7:30pm  Saturday: 8:00am-12:00pm Sunday: 12:00pm-3:00pm	Monday-Thursday: 4:30pm-8:00pm Friday: 4:30pm-7:30pm  Saturday: 8:00am-12:00pm Sunday: 12:00pm-3:00pm

**Stay and Play Age Group:** Children ages 6 weeks to 7 years old are welcome.  
**Interactive Zone Age Group:** Children ages 5 to 12 years old are welcome.

### Stay and Play and Interactive Zone Guidelines

The person who signs the child in will be **the only person** who will be able to sign the child out. A 2-hour time limit per child in Stay and Play and 3-hour time limit per child in I-Zone, per day is enforced.  
When an attendant is on duty, parent (s) must be accessible either in the building or by cellular phone if working out outdoors.  
 Children who are ill (fever within 24 hours, etc.) are not permitted in Stay and Play.