

YGROUP CYCLING

Blocker Norfolk Family YMCA
312 West Bute Street
Norfolk, Virginia 23510
(757) 622-9622

Summer 2010

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	Cycling Multi-Level 6:00 - 6:45am #501		Cycling Multi-Level 6:00 - 6:45am #501		Cycling Multi-Level 6:00 - 6:45am #501		Cycling Multi-Level 10:15-11:15am #501
AM	Cycling Multi-Level 9:00 - 10:00am #501		Cycling Multi-Level 9:00 - 10:00am #501		Cycling Multi-Level 9:00 - 10:00am #501	Cycling Multi-Level 9:00 - 10:00am #501	
						* Cycling Starter 10:15-11:00am #501	
Lunch	Cycling Multi-Level 12:15 - 1:15pm #501		Cycling Multi-Level 12:15 - 1:15pm #501		Cycling Multi-Level 12:15 - 1:15pm #501		
PM	Cycling Multi-Level 4:30 - 5:15pm #501	Cycling Multi-Level 4:30 - 5:15pm #501		Cycling Multi-Level 4:30 - 5:15pm #501			
	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501		Cycling Multi-Level 5:00 - 6:00pm #501
	Cycling Multi-Level 6:45 - 7:45pm #501		Cycling Multi-Level 6:45 - 7:45pm #501			Classes that consistently have fewer than 8 participants are subject to cancellation.	

Cycling - This cardiovascular workout is performed on a stationary bicycle, focusing on proper body alignment and proper cycling techniques. Please bring a water bottle.

- **Starter class is required for proper seat setup and basic cycling techniques.**
- **The cycling room has a small designated "No Floor Fan" zone. This excludes oscillating fans!**