

Randolph  
Asheboro  
YMCA



CYCLE  
STUDIO  
June-17

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:30-6:15p	Cycle FLOAT IN/OUT	Adam	9:00-9:55a	Cycle	Amy
6:20-6:30p	10 Min Abs	Adam	6:00-6:30p	Cycle	Adam
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
9:00-9:55a	ABC Abs/Buns/Cycle	Robin	9:00-10:00a	ABC Abs/Buns/Cycle	Jamie
4:30-5:15p	Cycle	Tracy			
5:15-5:30p	Total Abs	Tracy			
6:30-7:00p	Cycle	Ken			
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
5:30-6:15p	Cycle FLOAT IN/OUT	Adam	9:00-10:00a	Cycle	Rotation
6:20-6:30p	10 Min Abs	Adam			

**SIGN UP OUTSIDE THE  
CLASSROOM 30 MIN AHEAD  
OF CLASS TIME FOR CYCLE CLASS  
BRING YOUR WATER BOTTLE  
AND TOWEL!**

PLEASE LET THE INSTRUCTOR KNOW IF IT IS YOUR  
FIRST TIME CYCLING IN ORDER TO SET YOUR BIKE UP  
PROPERLY. IT IS RECOMMENDED TO CONSULT YOUR  
PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

**Cycle classes are great fun for all levels of fitness  
because you control the intensity of your workout!  
Indoor cycling has proven that man against machine workouts  
are better in groups. In this instructor led class you can burn  
calories while riding to motivating music.**

### TEXT ALERTS



Want to stay connected to the Y? Want to know when we are  
closed or delayed in opening? Or in the event of cancelled classes?  
Then sign up for our text alerts! **Text @raymca to 81010** to get  
connected! \*Standard text message rates apply.

**CLASS CANCELLATIONS WILL BE POSTED ON OUR WEBSITE'S FACILITY UPDATES PAGE**

[www.randolphasheboroyymca.com](http://www.randolphasheboroyymca.com)