

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
10:15am	Yo Cycle (Yoga-Cycle)	Dana	9:00am	Cycle	Amy
5:30pm	Cycle FLOAT IN/OUT	Adam	4:30pm	Club YMCA-Kidz Cycle	
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
5:30am	Cycle (45 min.) Core (15)	Jeannie	5:30am	Cycle (45 min.) Core (15)	Jeannie
9:00am	ABC Abs/Buns/Cycle	Robin	9:00am	ABC Abs/Buns/Cycle	Jamie
4:30pm	Cycle (30 min.)	Tracy			
5:30pm	Beginnin Cycle (45 min)	Barry			
6:30pm	Cycle (30 min.)	Jeannie			
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
9:15am	Scenic Senior Cycle	Dana	9:00am	Cycle	Rotation
5:30pm	Cycle FLOAT IN/OUT	Adam			

*Be sure to check Modified Schedules and Y hours for the Holidays at randolphasheboroymca.com

**BRING YOUR WATER BOTTLE
AND TOWEL!**

Classes are 60 min. unless noted otherwise

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.