

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:15am	Bfit Bootcamp	Amy	9:00am	Cycle	Amy
10:15am	Yo Cycle (Yoga-Cycle)	Dana	4:30pm	Club YMCA-Kidz Cycle	
5:30pm	Cycle FLOAT IN/OUT	Adam			
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.)	Emily			
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			

**VIRTUAL CYCLE CLASSES AVAILABLE FOR YOUR CONVENIENCE!
ASK A STAFF PERSON TO SET IT UP FOR YOU!**

**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.