

Y-Cycling

Spring I ~ Feb 22 – April 11

Monroe County YMCA

Y Cycling is one of the best all-around fitness classes available, combining cardiovascular endurance with strengthening in a fun, motivated atmosphere, all led by certified instructors.

Indoor cycling builds leg strength, increases fat burning, enhances cardiovascular health, and offers a reduced risk of injury!

- Please bring one or two bottles of water and a towel to any class.
- Signups are available at the Service Center up to 3 days before the class (ex. Thurs. class = Mon. signup).
- Registration is necessary to participate in any class, as bikes are reserved with a signup.

DAY	TIME	LEVEL	INSTRUCTOR
Mon	9:30-10:15am	Intermediate	Charlie
	6:00-6:55pm	Intermediate	Melinda
	7:15-8:00pm	Intermediate	Judee
Tues	6:00-6:55am	Begin/Inter	Marcia
	5:00-5:45pm	Beginner	Shelly L
	7:15-8:00pm	Intermediate	Judee
Wed	5:30- 6:30am	Begin/Inter	Marcia
	8:30-9:15am	Intermediate	Charlie
	6:00-6:55pm	Intermediate	Melinda
Thurs	6:00-6:55am	Begin/Inter	Marcia
	9:15-10:00am	Intermediate	Marcia
	7:15-8:00pm	Beginner	Melissa
Fri	6:00-6:55am	Intermediate	Laurie
	8:30-9:15am	Intermediate	Judee
	5:45-6:40pm	Begin./Inter.	Various
Sat	9:45-10:30am	Begin./Inter.	Charlie
Sun	12:00-12:45am	Intermediate	Laurie

For more information please contact

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