



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE - CYCLE STUDIO

VICTORY FAMILY YMCA

May-2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling(★) 5:45 am - 6:45 am Jen		Group Cycling(★) 5:45 am - 6:45 am Jen		Group Cycling(★) 6:00 am - 6:45 am Virginia	
	Group Cycling(★) 8:45 am-9:45 am Arlyne		Group Cycling(★) 8:45 am -9:30 am Shirley		Group Cycling(★) 9:00 am - 9:45 am Lisa	Group Cycling(★) 8:15 am - 9:15 am Shirley
		Group Cycling(★) 10:00 am-11:00 am Debra		Group Cycling(★) 10:00 am-11:00 am Arlyne		
	Group Cycling(★) 11:00 am-11:45 am Lisa		Beginners Cycle(L) 11:00 am - 11:45 am Sheila			
Group Cycling(★) 1:15 pm - 2:00 pm Jen/Virginia						
Group Cycling(★) 2:30 pm - 3:30 pm Sheila				Group Cycling(★) 5:30 pm - 6:30 pm Debra	Group Cycling(★) 5:30 pm - 6:30 pm Bridgett	
			Group Cycling(★) 6:00 pm - 6:45 pm Sheila			
	Group Cycling(★) 6:30 pm - 7:30 pm Bridgett		Group Cycling(★) 7:00 pm - 7:55 pm Jen			
(★) All intensity levels (L) Low (M) Medium (H) High ALL GROUP EXERCISE CLASSES ARE SUBJECT TO CHANGE. CYCLE CLASSES - Participants are required to reserve a bike at the Welcome Center prior to class. Registration will begin 30 minutes before each class. Please bring water and a towel and arrive 10 minutes early to set up the bike. 101 Long Green Boulevard, Yorktown VA 23693 757 867 3300						

CLASS DESCRIPTIONS

Cycle - Indoor group cycling class – great cardio workout. Sign-up to reserve a bike 30 minutes prior to class at the Welcome Center. One person may reserve only one bike. Please arrive 10 minutes early for class to set-up your bike properly. Please bring a water bottle and a towel. Cycle participants must be 16 years of age or older and be at least 4'11" in height. Intensity Level = All Fitness Levels

Beginner Cycle - Class is geared for beginning cyclists and experienced riders looking for a recovery ride. The basic cycling techniques and bike set up will be demonstrated along with a 30 minute basic cardiovascular workout.

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A branch of Peninsula Metropolitan YMCA

Revised Date:

4/18/2012