

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Walnut Creek YMCA
Group Cycle classes
Revised 5/28/10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Group Cycle 5:10 – 5:55 am Amy		Group Cycle 5:10 – 5:55 am Christine	Group Cycle 5:10 – 5:55 am Lisa	
	Group Cycle 6:00 – 6:50 am Kim	Group Cycle 6:00-6:50am Andy	Group Cycle 6:00-6:50am Sue	Group Cycle 6:10-6:50am Jennifer	Group Cycle 6:10-6:50am Andy	Group Cycle 7:30 – 8:30 am Christine
	Group Cycle 9:20-10:05am Penny		Group Cycle 9:20-10:05am Herb		Group Cycle 9:20 – 10:05 am Kim	Group Cycle 9:10-10:10 am Jan
	Group Cycle 12:15-12:55pm Jason	Group Cycle 12:15 – 12:55pm Rachel	Group Cycle 12:15-12:55pm Carolyn/Jed	Group Cycle 12:15 – 12:55pm Kitty	Group Cycle 12:15-12:55pm Dave	
	Group Cycle 4:40 – 5:20 pm Andy					
	Group Cycle 5:30-6:25pm Amy		Group Cycle 5:30-6:25pm Robin			<i>Schedule subject to change. Check out our website at www.dmymca.org</i>
		Group Cycle 5:45-6:30 pm Jessica				

CYCLE TRAINING DESCRIPTIONS

Cycling – This class is instructor driven. Come find out what drills/ride your instructor has prepared when you start riding. Classes will be full of any combination of hills, drills, intervals, endurance riding and trail rides.

Please bring a water bottle to class. New participants arrive early so that an instructor can get you set up on your bike .

*The instructor listed denotes the regular instructor for that class. Please check the hall schedule for any weekly substitutions.

QUESTIONS/COMMENTS please contact Penny Luthens, Health and Fitness Director, 224-1888 ext 241 or penny.luthens@dmymca.org.



Through generous contributions of YMCA members and the United Way,
 no one is turned away from the YMCA due to inability to pay.