



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLE-WAUKEE FAMILY YMCA
STUDIO B

SUMMER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycle 5:10-6:00a Lori G.	Group Cycle 5:10-6:00a Lauren K.	Group Cycle 5:10-6:00a Lauren K.	Group Cycle 5:10-6:00a Kelly V.	Group Cycle 5:10-6:00a Kristi R.	
					Group Cycle 7:00-8:00a John A/ Michele W/ Shannon B/Nicole C
	AOA Cycle 8:10-8:40a Bill R.		AOA Cycle 8:10-8:40a Bill R.		
Group Cycle 9:30-10:20a Cindy T.	Group Cycle 9:40-10:30a Morgan M.	Group Cycle 9:30-10:20a DeAnn W.	Group Cycle 9:40-10:30a Bill R.	Group Cycle 9:30-10:20a Shannon B.	
Group Cycle 12:10-12:55p Lauren K.		Group Cycle 12:10-12:55p Michael R.			
Group Cycle 5:45-6:30p Rhonda Y.		Group Cycle 5:45-6:30p Karl O.			



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AOA Cycle: AOA Cycle is an indoor cycle class for Active Older Adults. This 30 minute class provides a cardio and strength workout in a fun environment. Easy instruction is provided. All participants work at their own level. Participants of any age are welcome to attend.

Group Cycle: Get ready to sweat! This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills.

Attention New Participants! Please try to arrive to your first class 5 to 10 minutes early. This will allow your instructor time to properly set you up and familiarize you with the bike functions.

SCHEDULE NOTE: New schedules begin the first Monday of each month with the exception of January 1.

Waukee Family YMCA

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