



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING – SOUTH SUBURBAN YMCA

## CYCLING STUDIO

## SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Cycle</b> 5:10-5:55a <b>Michelle M.</b>		<b>Group Cycle</b> 5:10-5:55a <b>Jen P.</b>				
<b>Group Cycle</b> 8:00-8:35a <b>Cindy B.</b>		<b>Group Cycle</b> 8:00-8:35a <b>Staci F.</b>			<b>See you in the Fall!</b>	
	<b>Group Cycle</b> 8:45-9:30a <b>Staci F.</b>		<b>Group Cycle</b> 8:45-9:30a <b>Cindy B.</b>			
				<p><b>Red – Cardio Class</b></p> <p><b>Yellow Highlight – New Class</b></p> <p><b>Green Highlight – New Instructor or New Time</b></p>		
<b>Group Cycle</b> 5:45-6:30p <b>Karl O.</b>		<b>Group Cycle</b> 5:45-6:30p <b>Sue M.</b>				

### Class Descriptions

**GROUP CYCLE:** Get ready to sweat! This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. New participants should arrive 5 minutes early to get properly fitted on the bike. Bring a water bottle.

**ATTENTION NEW PARTICIPANTS!** Please try to arrive to your first class five to ten minutes early. This will allow your instructor time to properly set you up on your bike and familiarize you with the bike functions.

Class schedule changes occur the first Monday of the month with the exception of January 1.

### South Suburban YMCA

Program Contact: Gwyndolyn McMillin, Program Director

P: 515.471.8503 E: [Gwyndolyn.McMillin@dmymca.org](mailto:Gwyndolyn.McMillin@dmymca.org)

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