



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING - INDIANOLA YMCA

CYCLING STUDIO

FALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Group Cycle 5:15-6:00 am John H/Steve L.		Group Cycle 5:15-6:00 am Steve L.		
Group Cycle 8:30-9:15am Typhanie M.		Group Cycle 8:30-9:15am Mia G.		Group Cycle 8:30-9:15 am Shelley H.	Group Cycle 8:30-9:15 Kristal A. Amanda R. Steve L. Lori R.
Group Cycle 5:35-6:20pm Darko B.		Group Cycle 5:35-6:20pm Lori R.			
	Group Cycle 6:30-7:15pm Amanda R.		Group Cycle 6:30-7:15pm Darko B.		

Class and Program Descriptions:

CYCLING: 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.

Schedule Note: New schedules begin the Monday of the first full week of the month with the exception of Jan. 1st

If you have questions or comments – Please contact Diane Thomas, Group Exercise Coordinator at 515-777-7746 or Diane.thomas@dmymca.org.



Updated September 2nd