



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING - INDIANOLA YMCA

**CYCLING STUDIO**

**SPRING**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Group Cycle 5:15-6:00 am John H/Steve L.</b>		<b>Group Cycle 5:15-6:00 am Steve L.</b>		
<b>Group Cycle 8:30-9:15am Typhanie M.</b>		<b>Group Cycle 8:30-9:15am Mike S.</b>		<b>Group Cycle 8:30-9:15 am Shelley H.</b>	<b>Group Cycle 8:30-9:15 Kristal A. Amanda R. Steve L. Lori R.</b>
		<b>Move Well Today 10:00-11:00am Pete</b>			
<b>Group Cycle 5:35-6:20pm Darko B.</b>		<b>Group Cycle 5:35-6:20pm Lori R</b>			
	<b>Group Cycle 6:30-7:15pm Amanda R.</b>		<b>Group Cycle 6:30-7:15pm Typhanie M.</b>	Purple= Medical Programming class.	

**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.

**Move Well Today:** Exercise and education for people who are pre-diabetic or who have Type 2 diabetes.

**Schedule Note:** New schedules begin the Monday of the first full week of the month with the exception of Jan. 1<sup>st</sup>

**If you have questions or comments – Please contact Diane Thomas, Group Exercise Coordinator at 515-777-7746 or [Diane.thomas@dmymca.org](mailto:Diane.thomas@dmymca.org).**



Updated May 6th