

Y-Cycling Schedule

Effective September 6, 2010

*Class size is limited

Monday

Cycle	9:30-10:30AM	Sondra
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Tuesday

Endurance training	9:30-10:30AM	Jan
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Beginner/ Intermediate Cycle	6:15-7:00PM	Julia
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Wednesday

Early Risers	5:45-6:45AM	Tony
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Advanced Cycle	5:15-6:15PM	Lisa/Cindy
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Thursday

Advanced Cycle	8:00-8:45AM	Roxanne
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Intermediate/Advanced Cycle	6:30-7:30PM	Jessica
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Friday

Early Risers	5:45-6:45AM	Jessica
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Cycle to Yoga	9:30-10:30AM	Lisa
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Saturday

Weekend wheels	9:30-10:30AM	Various
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Sunday

Sunday Ride	3:30-4:30PM	Karen
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***PLEASE NOTE THAT CLASS SIZE IS LIMITED TO 14 PARTICIPANTS & CLASSES EXHIBITING CONSISTENTLY WEAK ATTENDANCE MAY BE CANCELLED OR CHANGED FOR THE SESSION.**

Cycling Class Descriptions:

Early Risers: A great way to start your day! Join us for an energetic ride through hills and valleys. Work at your own pace or challenge yourself!

Beginner to advanced.

Cycle to Yoga: One half hour of cycling and one half hour of yoga. Cycle at your own pace or challenge yourself through various climbing and jumping options. Yoga poses focus on stretching the muscles used during cycling. *Beginner to advanced.*

Endurance Training: Instructor leads you through safe instruction on how to stay in your aerobic or fat burning zone. Bring your heart rate monitors or ask instructor for more information on benefits of training with a monitor. *Beginner to advanced.*

Weekend Wheels/Sunday Ride: Various instructors will take you on a ride which incorporates hills, sprints and endurance. *Beginner to advanced.*

Beginner Cycle: Learn how to set your bike up including handle bar height and seat adjustment. Instructor will teach correct form. Class will progress with difficulty as session progresses. *Beginner.*

Intermediate/advanced Cycle: 50 minute ride that will incorporate many cycling techniques and challenge the intermediate as well as the advanced. Also an optional 10 minute abs class to follow the cycling portion.

Advanced Cycle: 60 minute ride incorporating advanced techniques.