

Y-Cycling Schedule

Effective January 1, 2010

*Class size is limited

Monday

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| Cycle | 9:30-10:30AM | Sondra |
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Tuesday

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

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

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| Advanced Cycle | 8:00-8:45AM | Roxanne |
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| Intermediate/Advanced Cycle | 6:15-7:15PM | Jessica |
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Friday

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

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

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| Sunday Ride | 3:30-4:30PM | Karen |
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***PLEASE NOTE THAT CLASS SIZE IS LIMITED TO 15 PARTICIPANTS & CLASSES EXHIBITING CONSISTENTLY WEAK ATTENDANCE MAY BE CANCELLED OR CHANGED FOR THE SESSION.**

Cycling Class Descriptions:

Early Riser: 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.*

Heart Rate 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 strength. *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 Cycle: 45 minute ride that will incorporate many of the techniques in cycling to challenge the beginners and advanced as well.

Advanced Cycle: 60 minute ride incorporating advanced techniques.