



GROUP CYCLING SCHEDULE

APRIL-JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Body Shop (Paula) 6-7		Body Shop (Chrissy) 6-7			
					Group Cycling (Chrissy) 8:30-9:30	
Group Cycling (Kerry) 9:30-10:30		Cycle & Core (Kerry) 9:30-10:30		Group Cycling (Chrissy) 9:30-10:30		
Group Cycling (Chrissy) 12-12:45		Group Cycling (Chrissy) 12-12:45	Cycling with Seniors (Brian) 11-11:45	Cycling with Parkinson's (Brian) 1-1:45 pm		
Group Cycling (Sean) 5:30-6:15						
	Group Cycling (Bill) 6-6:45	Group Cycling/Core (Cheryl) 6-7	Group Cycling (Bill) 6-6:45			

CYCLING INFORMATION

- All classes take place in the Club Cycle Room, unless otherwise notes.
- All level of cyclists are welcome! If you're new to group cycling, arrive 10 minutes early, set up your bike & meet the instructor.
- Bring a bottle of water.

CYCLING INSTRUCTOR COURSE

A class designed for members and community participants interested in learning how to instruct group cycling classes. Contact Chrissy Mahan for dates and times.

BODY SHOP

Class is designed to work on cardio strength, as well as, muscle strength and conditioning. The class is split evenly between cycling and strength training. This includes bands, balls, weights and other strength training tools. Appropriate for all levels.

CYCLING WITH SENIORS

Take a leisurely ride with Brian for 45 minutes. Each class will start with set up help on the bike, an explanation of the ride format and 30 minutes of easy to moderate riding. 10 minutes will spent at the end for stretching and work with balance off the bike.

CYCLE & CORE

Class is designed to work on cycle cardio then do 20 minutes of core strength to help build abdominal and back strength. Cardio portion is approximately 40 minutes. Appropriate for all levels.

CONTACT INFORMATION

CHRISSY MAHAN

425 990 6983 or cmahan@seattleyymca.org

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Group Exercise, Gym, Active Older Adults and Aquatics Schedules and Program Guides for other fitness activities.

BELLEVUE FAMILY YMCA

14230 Bel-Red Road, Bellevue, WA 98007
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Everyone is welcome. Financial assistance is available. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.