



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	All Levels Cycle 5:30-6:30 (Connie)				All Levels Cycle 5:30-6:30 (Connie)		
6		All Levels Cycle 6:00-7:00 (varies)		All Levels Cycle 6:00-7:00 (Aliou)		All Levels Cycle 7:15-8:15 (Vicky/varies)	
8					All Levels Cycle 8:15-9:15 (Gretchen)	All Levels Cycle 8:30-9:30 (Kristy)	All Levels Cycle 8:30-9:30 (Tori)
9	Cycle/Core ** 9:30-10:30 (Connie)	All Levels Cycle ** 9:30-10:30 (Alethia)	All Levels Cycle ** 9:30-10:30 (Tori)		Cycle/Core ** 9:30-10:30 (Lisa)		
10				All Levels Cycle 10:00-11:00 (Lucy)			
4		Cycle Express 4:45-5:30 (varies)		Cycle/Core 4:45-5:45 (varies)			
5							
6	All Levels Cycle 6:00-7:00 (Kristy)		All Levels Cycle 6:00-7:00 (Gretchen/Kristy)				

GROUP CYCLING DESCRIPTIONS

ALL LEVELS CYCLE

Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance that you control on a stationary bike. on interval training. Since you control the bike tension, the class can be done at many fitness levels.

CYCLE/CORE

This class consists of 45 minutes of all levels cycle followed by 10 min. of core work done on the floor.

** These classes require a ticket to reserve a bike. Tickets available at Front Desk at 9:00am.

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice when necessary. As a courtesy to others, please arrive to classes on time. Classes with low attendance may be removed from the schedule.

Please see Group Wellness, Pool & Gym Schedules for other exercise options.

COAL CREEK FAMILY YMCA

13750 Newcastle Golf Club Rd., Newcastle, WA 98059
425 282 1500 F 252 282 1501 coalcreekyymca.org

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.