



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP CYCLING

Updated February 6, 2012

TIME	MON	TUES	WED	THUR	FRI	SAT
5:30 am	Urban Grit Steve ①	Group Cycling Lori ①	Urban Grit Rich ①	Group Cycling Nicki ①	Urban Grit Nicki ①	
6:45 am	Group Cycling Geoff ①		Group Cycling Steve ①		Group Cycling Steve ①	
7:30 am						Group Cycling Steve ①
8:30 am	Group Cycling Jane		Group Cycling Lisa		Group Cycling Lisa/Jane	
8:45 am		Group Cycling Chris		Group Cycling Chris		Group Cycling Ed/Lynette
9:30 am	Group Cycling Tammy ①		Group Cycling Jodi ①		Group Cycling Rich ①	
5:00 pm		Group Cycling Maggie		Group Cycling Maggie		
5:45 pm	Urban Grit Mary-Clayton ①					
6:00 pm		Group Cycling Ed	Group Cycling Dana	Group Cycling Kim		
6:45 pm						
7:00 pm	Group Cycling Nicki		Group Cycling Cindy			
7:15 pm		H.S. Cycling Team Jan		H.S. Cycling Team Jan		

*Schedule subject to change without notice

TRADITIONAL GROUP CYCLING

Classes feature motivational instructors, vigorous cycling, and an excellent aerobic workout. 45 minutes in duration—cycle at your own intensity level.

① = 60 minute class

URBAN GRIT

Interval training focuses on endurance, strength, proper form and technique. 60 minutes in duration. High intensity. New participants contact instructor prior to class.

- To participate in Cycling classes, pick up a Ticket to Ride from the Member Services Desk. Available 30 minutes before class begins.
- Class size limited to 16 participants
- Water bottle and towel required

NORTHSHORE YMCA

11811 NE 195th ST, Bothell, WA 98011
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Everyone is welcome. Financial assistance is available.

The **YMCA of Greater Seattle** is a charitable, nonprofit membership organization serving King and south Snohomish counties since 1876.