

GROUP CYCLING

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--------------------------------|---|--------------------------------|--|--------------------------------------|--------|
| MORNING CLASSES | | | | | | | |
| 6 | | Body Shop (Kerry) 6-7 | | Body Shop (Kerry) 6-7 | | | |
| 8 | | | | | | Group Cycling (Chrissy) 8:30-9:30 | |
| 9 | Group Cycling (Chrissy) 9:30-10:30 | Body Shop (Lucy) 9:30-10:30 | Cycle/Core (Kerry) 9:30-10:30 | Body Shop (Lucy) 9:30-10:30 | Group Cycling (Chrissy) 9:30-10:30 | | |
| AFTERNOON CLASSES | | | | | | | |
| 12 | Group Cycling (Kerry) 12:00-12:45 | | Group Cycling (Chrissy) 12:00-12:45 | | | | |
| EVENING CLASSES | | | | | | | |
| 5 | Group Cycling (Sean) 5:30-6:15 | | Group Cycling (Melissa) 5:30-6:15 | | | | |
| 6 | | Group Cycling (Bill) 6-6:45 | | Group Cycling (Bill) 6-6:45 | | | |
| <p><i>All classes take place in the Club Cycle Room, unless otherwise notes. Although it is always our intention to follow the scheduled format, classes may change without notice when necessary. Classes with low attendance may be removed from the schedule. We appreciate your cooperation. See Pool & Group Exercise schedule for other fitness activities.</i></p> | | | | | | | |

CYCLING INFORMATION

- 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.

OTHER HEALTH & WELLNESS OPPORTUNITIES

WOMEN ON WEIGHTS. Learn how to strengthen the major muscle groups in this 8-week class designed especially for women. You will be introduced to a variety of resistance training methods and techniques, including machines, free weights, stability balls, medicine balls, and body weight exercises. A small group ensures safety and proper form, support and encouragement along the way. Contact the member services desk for upcoming session dates.

\$85 facility members,

CONTACT INFORMATION

Chrissy Mahan, Cycling Coordinator

425-746-9077 ext. 3273 or cmahan@seattleyymca.org

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.

\$100 facility members, \$200 program members

BODY SHOP. Class is designed to work on cardio strength, as well as, muscle strength and conditioning. You ride for approximately 30 minutes then do 30 minutes of strength training. This includes bands, balls, weights and other strength training tools. Appropriate for all levels.

MIND BODY WORKSHOPS. At different times of the year, we offer a variety of specialty workshops such as Stress Management, Yoga, Nutrition, and Couples Massage. Workshops typically offered Saturday or Sunday afternoons, contact the member services desk for upcoming workshop topics.

\$20 facility members, \$40 program members

Updated 11/08/09