

# GROUP CYCLING

TIME	MON	TUES	WED	THUR	FRI	SAT
5:30 a.m.	Urban Grit Rich ❶	Group Cycling Lori ❶	Urban Grit Rich ❶	Group Cycling Nicki ❶	Urban Grit Lisa ❶	
6:45 a.m.	Group Cycling Dana ❶		Group Cycling Steve ❶		Group Cycling Steve/Dana ❶	
7:15 a.m.						Urban Grit Angela ❶
8:30 a.m.	Group Cycling Meredith/Dana		Group Cycling Meredith/Dana			Group Cycling Ed
8:45 a.m.		Group Cycling Cindy		Group Cycling Cindy		
9:30 a.m.	Group Cycling Tammy ❶		Group Cycling Jodi ❶		Group Cycling Tammy ❶	Group Cycling Rachel
5:45 p.m.	Urban Grit Mary-Clayton ❶					
6:00 p.m.		Group Cycling Ed	Group Cycling Budd	Group Cycling Kim		
7:00 p.m.	Group Cycling Cindy		101 Group Cycling Ed *			

## Traditional Group Cycling

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

❶ = 60 minute class

\* = 30 minute class, takes place first 3 weeks of each month

## Urban Grit

Interval training is for intermediate to advanced cyclists. Focus is on endurance, strength, proper form and technique. 60 minutes in duration. High intensity. New participants contact instructor prior to class.

Everyone is welcome. Financial assistance is available.

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

- Class size limited to 16 participants
- Sign up 15 minutes prior to class
- Water bottle and towel required