



GROUP CYCLING & TRX SCHEDULE

JANUARY-MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle Circuit (Chrissy) 6-7		Cycle Circuit (Chrissy) 6-7		Cycle—All Levels (Chrissy) 8:30-9:30	
Cycle—All Levels (Kerry) 9:30-10:30	TRX \$ (Jana) 930-10:30	Cycle & Core (Kerry) 9:30-10:30		Cycle—All Levels (Kim) 9:30-10:30		
			Cycle 101 (Dave) 10:45-11:30			
	TRX Blast \$ (Kim) 530-6pm		TRX Blast \$ (Autumn) 530-6pm			
	Cycle—All Levels (Andy/Pete) 6-6:45		Cycle—All Levels (Andy/Pete) 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 101

A class designed for members who would like to start slow and build cardio strength and a moderate pace. Class is designed for the beginner exerciser or those who need low intensity class.

CYCLE CIRCUIT

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.

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.

TRX BLAST

This 30 minutes fast paced class works all over body with the suspension trainer. A great way to build on your strength and endurance or just great way to burn extra calories and have fun!

TRX

The TRX Suspension Trainer is workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Paid program, look for fliers for more details

CONTACT INFORMATION

CHRISSEY MAHAN 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

P 425 746 9900 F 425 746 6265 W bellevueymca.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.