



GROUP CYCLING & TRX SCHEDULE

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRX Blast (Nichole) 9:00-9:30	Cycle Circuit (Chrissy) 6:00-7:00		Cycle Circuit (Chrissy) 6:00-7:00		Cycle—All Levels (Chrissy) 8:30-9:30	
Cycle—All Levels (Nichole) 9:30-10:30	TRX \$ (Jana) 9:30-10:30	Cycle—All Levels (Nichole) 9:30-10:30		Cycle—All Levels (Kim) 9:30-10:30		
EVENING CLASSES						
	Cycle—All Levels (Andy/Pete) 6:00-6:45pm		Cycle—All Levels (Andy/Pete) 6:00-6:45pm			
TRX Blast (Petrina) 7:15-8:00						

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.

CYCLE-ALL LEVELS

Interval training, simulating various terrains on a stationary bike is an effective and non-impact cardio workout. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

CYCLE CIRCUIT

This 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.

TRX INFORMATION

TRX BLAST

This 30 or 45 minutes fast paced class is a total-body workout using the suspension trainer. A great way to build on your strength and endurance or just burn extra calories and have fun!

TRX \$

The TRX Suspension Trainer is a 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. Fees apply, register at front desk.

CONTACT INFORMATION

CHRISSEY MAHAN

HEALTH & WELL-BEING DIRECTOR

425 746 9900 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.

\$: register at front desk, fees apply

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.