



GROUP CYCLING & TRX SCHEDULE

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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 (Chrissy) 9:30-10:30		Cycle-All Levels (Kerry/Kim) 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® - Express (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

Combine your cycling with bursts of strength training for a total body workout that never gets boring. This class includes half-strength work and half-cycling in varying intervals.

TRX INFORMATION

TRX® - Express

This is a high-intensity shortened class designed to increase strength and flexibility, burn calories and tone muscles. *Express classes are shortened versions of full classes.

TRX® \$

Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer. Fees apply, register at front desk.

CONTACT INFORMATION

CHRISSY 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