



GROUP CYCLING & TRX SCHEDULE

SEPTEMBER

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	TRX \$ (Jana) 9:30-10:30	Cycle-All Levels (Kerry/Kim) 9:30-10:30		Cycle-All Levels (Kim) 9:30-10:30		
Small Group (Barre) \$ (Kristina) 11:00-12:00						
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.

SMALL GROUP (BARRE) \$

Love Ballet and Barre class but want to work on your strength, posture and overall form? This small group will use different techniques to help with all of these. Led by Barre Instructor, Kristina Shirley. 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

BELLEVUE FAMILY YMCA

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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.