



# GROUP CYCLING & TRX SCHEDULE

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Cycle-Circuit</b> (Chrissy) 6:00-7:00		<b>Cycle-Circuit</b> (Chrissy) 6:00-7:00			
					<b>Cycle-All Levels</b> (Chrissy) 8:30-9:30	
<b>Cycle-All Levels</b> (Chrissy) 9:30-10:30	<b>TRX \$</b> (Jana) 9:30-10:30 Register! Starts Oct. 8			<b>Cycle-All Levels</b> (Kim) 9:30-10:30		
<b>Small Group - Barre \$</b> (Kristina) 11:00-11:55 Register! Starts Oct. 7		<b>Small Group TRX &amp; Kettlebells \$</b> (Etty) 10:30-11:30 Starts on 9/11 Register! Starts Oct. 9	<b>Small Group Gravity &amp; Strength \$</b> (Jana) 10:00-11:00 Starts on 9/12 Register! Starts Oct. 10			
EVENING CLASSES						
	<b>Cycle-All Levels</b> (Andy/Pete) 6:00-6:45		<b>Cycle-All Levels</b> (Andy/Pete) 6:00-6:45			
<b>TRX® - Express</b> (Derek) 7:15-8:00						

## CYCLING INFORMATION

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® \$

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

### 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.

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](http://bellevueymca.org)

## SMALL GROUP INFORMATION

### 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.

### SMALL GROUP - TRX & KETTLEBELLS \$

Bring together two of your favorite exercise classes in one fun and high energy class. Class will focus on strength, balance, core and cardio endurance. Led by personal trainer, Etty Alony. Fees apply, register at front desk.

### SMALL GROUP - GRAVITY & STRENGTH \$

Using the Gravity machines you'll get a total body workout. Work on strength, core, endurance and stability. Led by personal trainer, Jana Dunajska. Fees apply, register at front desk.

## CONTACT INFORMATION

### CHRISSY MAHAN

HEALTH & WELL-BEING DIRECTOR

425 746 9900 or [cmahan@seattleyymca.org](mailto:cmahan@seattleyymca.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.