



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CYCLING.....

GROUP CYCLING SCHEDULE

EFFECTIVE: February 6

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Class One Hour	Class One Hour	Class One Hour	Class One Hour	Class One Hour		
7:30-8:30am						Class One Hour	
8:45-9:15am			Cycle Light ½ hour				
9:20-10:20am	Class One Hour Cycle Tone	Class One Hour		Class One Hour	Cycle Blast odd dates Cycle even dates		Cycle 1.5 until 10:50am
9:45-10:15am			Class ½ Hour				
5:15-5:45pm		first Tue of the month beginner class					
6:00-7:00pm	Cycle Blast 1 Hour				Class One Hour		
7:15-7:45pm	Class ½ Hour	Class ½ Hour					



- ***Cycle Tone:** Work your entire body on the bike as you combine 1hour of cycling with hand weights
- ***Cycle Blast:** You're going to sweat on and off the bike in this mixed class of Cycling, Strength, and High Intensity Cardio – **INTERMEDIATE TO ADVANCED LEVEL CLASS-**
- ***Cycle Circuit:** 45 minute intense cardio cycling transitioning to a strength & cardio circuit in the fitness room
- ***Cycle 1.5:** Let us take you on the ride of your life! This 1½ hour class will push you to your endurance limits and leave you wanting more.
- ***Cycle Light: Nervous about trying cycling?** Try cycle light, a class designed for those just starting or for those looking for a moderate level class.
- ***Cycling** reservations may be made one day in advance.
- ***Participants are encouraged to arrive 5 minutes before the start of the class.**

Auburn YMCA-WEIU

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