



Warren County YMCA Group Cycle Classes

***** Fall 2017 *****

Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
5:15 - 6:15 am ** Punch Card Class Instructor: Jeremy	5:15 - 6:15 am "Spin & Core" **5 wk session class Instructor: Sabrina	5:15 - 6:15 ** Punch Card Class Instructor: Jeremy	5:15 - 6:15 am "Spin & Core" **5 wk session class Instructor: Sabrina	5:15 - 6:15 am ** Punch Card Class Instructor: Jeremy	
8:00 - 9:00 am "Cycle & Strength" **5 wk session class Instructor: Dede	8:30 - 9:15 am ** Punch Card Class Instructor: Verlynn	8:00 - 9:00 am "Cycle & Strength" **5 wk session class Instructor: Dede	8:30 - 9:15 am ** Punch Card Class Instructor: Verlynn	8:00 - 9:00 am "Cycle & Strength" **5 wk session class Instructor: Dede	
	4:30 - 5:15 pm ** Punch Card Class Instructor: Patty		4:30 - 5:15 pm ** Punch Card Class Instructor: Patty		
4:30 - 6:00 pm "Pump & Ride" **5 wk session class Instructor: Penny		4:30 - 6:00 pm "Pump & Ride" **5 wk session class Instructor: Penny		5:45 - 6:45 pm ** Endurance Cycle **5 wk session class Instructor: Rob *Begins Oct/Nov session	1 st Class is FREE!!! Try one today!!
6:00 - 7:00 pm ** Punch Card Class Instructor: John			5 Week Session Classes run: Oct 9-Nov 11 th Nov 13-Dec 16 th		Updated 10/31/17

****PUNCH CARD CLASSES :** (You are only charged for the classes you attend!)

- Purchase a punch card at the front desk. Cost is \$4.00/hour members; \$8.00/hour non-members. (Punch cards available with 5, 10 or 20-hour increments)
- Call 24 hours in advance to reserve your bike (non-members 12 hours in advance).
- 5 week session classes – please register at the Front Desk prior to start of session.
- Please call* the YMCA if you reserved a bike and need to cancel *****
- Reserved bicycles are forfeited at class start time. If you are not on your bike when class begins, walk-ins will be accepted in your place.
- Stop by the front desk for additional details.

Instructors include: Rob Arnold, Jeremy Bickling, Penny Chaffec, Chris Dolan, Bill Dawes, Patty Finch, Lisa Franklin, Verlynn Kleppe, Dede Latimer, Sabrina Piaschyk, Kathie White, John Willis, Paul Wood.

Bring your WATER bottle to class!