



# Warren County YMCA Group Cycle Classes

**\*\*\* Summer 2018 \*\*\***

Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
5:15 - 6:15 am "Spin & Core" <b>**5 wk session class</b> Instructor: Sam		5:15 - 6:15 am "Spin & Core" <b>**5 wk session class</b> Instructor: Sam			<b>1<sup>st</sup> Class is FREE!!! Try one today!!</b>
8:00 - 9:00 am "Cycle & Strength" <b>**5 wk session class</b> Instructor: Dede	8:00-8:45 am <b>**Punch Card Class</b> Instructor: Sam	8:00 - 9:00 am "Cycle & Strength" <b>**5 wk session class</b> Instructor: Dede	8:00-8:45 am <b>**Punch Card Class</b> Instructor: Sam	8:00 - 9:00 am "Cycle & Strength" <b>**5 wk session class</b> Instructor: Dede	
					<b>Sign up at Front Desk for 5-Week Session Classes</b>
	5:45 - 6:30 pm "Cycling 101" <b>Beginners</b> <b>**5 wk session class</b> Instructor: Sam	6:00 - 7:00 <b>** Punch Card Class</b> Instructor: Sam	5:45 - 6:30 pm "Cycling 101" <b>Beginners</b> <b>**5 wk session class</b> Instructor: Sam		<b>Updated 05/14/2018</b>

**\*\*Cycle Studio located upstairs**

**\*\*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 or stop at the front desk ONE (1) DAY AHEAD to reserve your bike.**
- 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 Chaffee, Chris Dolan, Bill Dawes, Patty Finch, Lisa Franklin, Verlynn Kleppe, Dede Latimer, Sabrina Piaschyk, John Willis, Paul Wood, Samanta Rotondelli.

**Bring your WATER bottle to class!**