



# Warren County YMCA Group Cycle Classes

**\*\*\* Spring 2018 \*\*\***

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	7:30 - 8:30 am ** Punch Card Class Instructor: Rotating
8:00 - 9:00 am "Cycle & Strength" **5 wk session class Instructor: Dede	8:30 - 9:15 am ** Punch Card Class Instructor: Sabrina	8:00 - 9:00 am "Cycle & Strength" **5 wk session class Instructor: Dede	8:30 - 9:15 am ** Punch Card Class Instructor: Sabrina	8:00 - 9:00 am "Cycle & Strength" **5 wk session class Instructor: Dede	<b>Sunday</b> 1:00 - 2:30 pm ** Cyle & Stretch **Runs Mar. 4 through April 15 <sup>th</sup> . Sign up at Front Desk for full session Instructor: Sam
	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	<b>1<sup>st</sup> Class is FREE!!! Try one today!!</b>
6:00 - 7:00 pm ** Punch Card Class Instructor: John		6:00 - 7:00 ** Punch Card Class Instructor: Sam	<b>Sign up at Front Desk for 5-Week Session Classes</b>		<b>Updated 02/12/2018</b>

**\*\*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!**