



Warren County YMCA Group Cycle Classes

***** Winter 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: 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		6:00 - 7:00 ** Punch Card Class Instructor: Sam	Sign up at Front Desk for 5-Week Session Classes		Updated 01/30/2018

****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!