



Warren County YMCA Group Cycle Classes

***** Fall through December 15, 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: Lisa	5:15 - 6:15 am ** Punch Card Class Instructor: Jeremy	5:15 - 6:15 am "Spin & Core" **5 wk session class Instructor: Lisa	5:15 - 6:15 am ** Punch Card Class Instructor: Jeremy	7:30 - 8:30 am ** Punch Card Class Instructor: Rotating Instructor *Begins 11/3/18*
	8:15 - 9:00 am ** Punch Card Class Instructor: Dede		8:15 - 9:00 am ** Punch Card Class Instructor: Dede		
	12:15-12:45 pm **Punch Card Class Instructor: Verlynn		12:15-12:45 pm **Punch Card Class Instructor: Verlynn		Sign up at Front Desk for 5-Week Session Classes
4:30 - 6:00 pm "Pump & Ride" **5 wk session class Instructor: Penny	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 - 5:15 pm ** Punch Card Class Instructor: Patty	1st Class is FREE!!! Try one today!!	
6:00 - 6:45 pm **Punch Card Class Instructor: Rob		6:00 - 7:30 pm ** Punch Card Class Instructor: Jeremy		5:30 - 7:00 pm ** Punch Card Class Instructor: Jeremy	

****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, Patty Finch, Lisa Franklin, Verlynn Kleppe, Dede Latimer, Sabrina Piaschyk, John Willis, Paul Wood, Samanta Rotondelli.

Bring your WATER bottle to class!