



WarrenCountyYMCA



# Group Cycle Classes

**FALL 2024 (Begins 9/3/2024)**

Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
5:15 – 6:15 am ** Punch Card Class Instructor: Jeremy		5:15 – 6:15 am ** Punch Card Class Instructor: Jeremy		5:15 – 6:15 am ** Punch Card Class Instructor: Jeremy	
	8:00 – 8:45 am ** Punch Card Class Instructor: Dede		8:00 – 8:45 am ** Punch Card Class Instructor: Dede		Updated: 8/6/2024
	10:00 – 11:00 am ** 5-week session Bike –N- Balance Instructor: JoAnn (See bottom for desc.)		10:00 – 11:00 am ** 5-week session Bike –N- Balance Instructor: JoAnn (See bottom for desc.)		
	12:15 – 12:45 pm ** Punch Card Class Instructor: Verlynn		12:15 – 12:45 pm ** Punch Card Class Instructor: Verlynn		
5:15 – 6:00 pm ** Punch Card Class Instructor: Jena	4:30 – 5:15 pm ** Punch Card Class Instructor: Patty	5:15 – 6:00 pm ** Punch Card Class Instructor: Jena	4:30 – 5:15 pm ** Punch Card Class Instructor: Patty		First Class is Free! Try one Today!!
	5:45 – 6:65 pm ** Punch Card Class Instructor: Jeremy		5:45 – 6:45 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 in the following increments: (Expire 1 year from date of purchase.)  
**5-hours = \$20 member/\$40 non-member: 10-hours = \$40/ member \$80 non-member: 20-hours = \$65 Members only (discounted)**
- 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: Jeremy Bickling, Chris Dolan, Patty Finch, JoAnn Hepfner, Verlynn Kleppe, Dede Latimer, Jena Swanson, Paul Wood

## Bring your WATER bottle to class!

### **\*\*Bike –N- Balance**

**T/Th.....\$40 members / \$60 non-members (5-week session fee)**

This full body class will begin with tempo-targeted movement on a stationary bike to fun and motivating music. As endurance improves, the class will progress into a full 60-minutes of functional balance and strength training in a safe and controlled environment. Targeted to Parkinson's patients, this class is also perfect for anyone who has experienced balance, strength or cognitive decline. Participants will build not only confidence, but a sense of freedom through movement. Participants are encouraged to work at their own pace. Max participants = 16