



# Warren County YMCA Group Cycle Classes **WINTER 2023**

Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
<b>5:15 – 6:15 am</b> ** Punch Card Class <b>Instructor: Jeremy</b>	<b>5:15 – 6:15 am</b> ** Punch Card Class <b>Instructor: Angela</b> <b>**Offered every other week.</b>  Feb. 7 <sup>th</sup>	<b>5:15 – 6:15 am</b> ** Punch Card Class <b>Instructor: Jeremy</b>	<b>5:15 – 6:15 am</b> ** Punch Card Class <b>Instructor: Angela</b> <b>** Offered every other week:</b>  Feb. 9 <sup>th</sup> (Final Class until further notice)	<b>5:15 – 6:15 am</b> ** Punch Card Class Instructor: Jeremy	<b>7:30 – 8:15 am</b> ** Punch Card Class <b>Instructor: Rotating Instructor Schedule</b>
	<b>8:00 – 8:45 am</b> ** Punch Card Class <b>Instructor: Dede</b>		<b>8:00 – 8:45 am</b> ** Punch Card Class <b>Instructor: Dede</b>		
	<b>12:15-12:45 pm</b> **Punch Card Class <b>Instructor: Verlynn</b>		<b>12:15-12:45 pm</b> **Punch Card Class <b>Instructor: Verlynn</b>		
<b>5:30 – 6:15 pm</b> ** Punch Card Class <b>Instructor: Jena</b>	<b>4:30 – 5:15 pm</b> ** Punch Card Class <b>Instructor: Patty</b>	<b>5:30 – 6:15 pm</b> ** Punch Card Class <b>Instructor: Jena</b>	<b>4:30 – 5:15 pm</b> ** Punch Card Class <b>Instructor: Patty</b>	<b>Updated 1/24/2023</b>	<b>1<sup>st</sup> Class is FREE!!!</b> <b>Try one today!!</b>
	<b>5:40 – 7:00 pm</b> <b>Cycle &amp; Pump</b> <b>*5-week class</b> <b>Instructor: JoAnn</b>	<b>REGISTER</b> During registration dates for each 5-week session.	<b>5:40 – 7:00 pm</b> <b>Cycle &amp; Pump</b> <b>*5-week class</b> <b>Instructor: JoAnn</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 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. May only register self.**
- 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, Lisa Franklin, Angela Heeter, JoAnn Hepfner, Verlynn Kleppe, Dede Latimer, Jena Swanson, Paul Wood

## Bring your WATER bottle to class!