



RYE YMCA INDOOR CYCLING CLASS SCHEDULE

January 25 – April 5, 2020 *Ages 14 & up

Please arrive on time with water. If you arrive later than 10 minutes after class is in session, please look for another option.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:45 AM <u>INDOOR CYCLING</u> Rich	5:45 - 6:45 AM <u>INDOOR CYCLING</u> Phil	5:45 - 6:45 AM <u>INDOOR CYCLING</u> Kim	5:45 - 6:45 AM <u>INDOOR CYCLING</u> Rich	5:45 - 6:45 AM <u>INDOOR CYCLING</u> Teresa		
7:15 - 8:00 AM <u>INDOOR CYCLING</u> Kim		7:15 - 8:00 AM <u>INDOOR CYCLING</u> Denise		7:15 - 8:00 AM <u>INDOOR CYCLING</u> Kim	7:15 - 8:15 AM <u>INDOOR CYCLING</u> Laura	
8:30 - 9:30 AM <u>CARDIO RIDE</u> Cindy	8:00 - 9:00 AM <u>INDOOR CYCLING</u> Denise	8:30 - 9:25 AM <u>INDOOR CYCLING</u> Denise	8:00 - 9:00 AM <u>INDOOR CYCLING</u> Laura	8:30 - 9:25 AM <u>POWER RIDE</u> Cindy	8:30 - 9:30 AM <u>INDOOR CYCLING</u> Kim/Phil*	8:30 - 9:30 AM <u>INDOOR CYCLING</u> Laura
	9:00 - 10:30 AM <u>POWER ZONE TRAINING</u> (registration and paid for class) Denise	9:30 - 10:30 AM <u>INDOOR CYCLING</u> Denise	9:30 - 10:30 AM <u>POWER RIDE</u> Rosemary	9:30 - 10:30 AM <u>INDOOR CYCLING</u> John		
					9:45 - 10:45 AM <u>INDOOR CYCLING EXTENDED RIDE</u> 10:45-11:30 John	9:45 - 10:45 AM <u>INDOOR CYCLING</u> Teresa
5:30 - 6:15 PM <u>INDOOR CYCLING</u> Teresa		5:30 - 6:15 PM <u>INDOOR CYCLING</u> Jenn	5:30 - 6:15 PM <u>INDOOR CYCLING</u> Teresa		<p>*Instructors Will Alternate Each Week</p> <p>CLASSES ARE HELD IN INDOOR CYCLING STUDIO</p>	
	6:30 - 7:30 PM <u>INDOOR CYCLING</u> John		6:30 - 7:30 PM <u>INDOOR CYCLING</u> John			