



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



What is Y-Cycling?

Indoor Cycling is a group exercise class using stationary bikes. The instructor simulates a ride and you are kept motivated by the instructor, the people around you and by the music!

Physical benefits of indoor cycling:

- Weight loss
- Increased energy levels
- Strong heart and lungs
- Better sleep
- Improved cholesterol and triglyceride levels
- Increased bone density
- Decrease risk for heart disease

Register at the Membership Desk.

**There are only 11 spots available per class,
so this program has special guidelines:**

You must register at the Membership desk to guarantee yourself a spot.

You must be at your bike at least five minutes before start of class.

There will be six standby cards available 15 minutes before the start of class for those who would like to try to get a spot if a registered participant fails to show for class. The standby card does not guarantee a spot just a place in line.

FREE TO MEMBERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 am #7467		7:00 am #7468		8:15 am #7465
8:00 am #7454		8:00 am #7455		8:00 am #7456	9:30 am #7466
		11:30 am #7459	11:30 am #7460		
5:30 pm #7462		6:00 pm #7463			

BRING WATER BOTTLE AND TOWEL. SANITIZE BIKE AFTER CLASS.