

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## Indoor Cycling



### INDOOR GROUP CYCLING

Awesome cardiovascular workout for every fitness level - beginner to advanced. Classes are conducted on specially designed indoor stationary bikes. The workout can be as intense as you like! With instructors who motivate with music and lots of energy, you will attain your fitness goals. Both seated and standing techniques are performed. **Bring water and a towel.** Heart rate monitors are encouraged but not required. For first-time riders, arrive a few minutes early for instruction on bike set-up and settings. **Indoor Cycling is available Monday through Saturday at the Greenville Facility.**

Spring Program Session			Summer Program Sessions		
<b>Fees:</b>	<b>Member: \$16*</b>	<b>Other: \$40</b>	<b>Fees:</b>	<b>Member: \$11*</b>	<b>Other: \$26</b>
<b>*Sign up for 2 or more classes and pay only \$14 per class</b>			<b>*Sign up for 2 or more classes and pay only \$9 per class</b>		
<b>Drop In Fees:</b>	<b>Member: \$3</b>	<b>Other: \$8</b>	<b>Drop In Fees:</b>	<b>Member: \$3</b>	<b>Other: \$8</b>
<b>Day:</b>	<b>Time:</b>	<b>Instructor:</b>	<b>Day:</b>	<b>Time:</b>	<b>Instructor:</b>
Monday	6:00-6:45 am	Justin Marshall	Monday	6:00-6:45 am	Justin Marshall
Monday	9:00-9:45 am	Peggy Menning	Monday	9:00-9:45 am	P. Menning/D. Unger
Monday	5:45-6:30 pm	Suzie Shively	Monday	5:45-6:30 pm	Suzie Shively
Tuesday	6:00-6:45 am	Justin Marshall	Tuesday	6:00-6:45 am	Justin Marshall
Tuesday	8:45-9:30 am	Diana Unger	Tuesday	9:00-9:45 am	P. Menning/D. Unger
Tuesday	6:00-6:45 pm	Kati Anderson	Wednesday	6:00-6:45 am	Justin Marshall
Wednesday	6:00-6:45 am	Justin Marshall	Wednesday	5:45-6:30 pm	Suzie Shively
Wednesday	9:00-9:45 am	Peggy Menning	Thursday	6:00-6:45 am	Justin Marshall
Wednesday	5:45-6:30 pm	Suzie Shively	Thursday	9:00-9:45 am	P. Menning/D. Unger
Thursday	6:00-6:45 am	Justin Marshall	Friday	6:00-6:45 am	Justin Marshall
Thursday	8:45-9:30 am	Diana Unger			
Friday	6:00-6:45 am	Justin Marshall			
Friday	9:00-9:45 am	Peggy Menning			
Saturday	10:00-10:45 am	Kati Anderson			

### INTRO TO CYCLING

Have you always wanted to try indoor cycling? If so, then try this class! Pedal away to motivating music all while burning calories and building strength and endurance. The class is designed for the beginner cyclist or anyone in need of a good 30 minute cardio workout! Bring water and a towel.

**Spring Program Fees: Member: \$15 Other: \$34**

**Summer Program Fees: Member: \$11 Other: \$26**

Greenville Tuesday 10:30-11:00 am

Instructor: Suzie Shively

### 90-MINUTE RIDE

Coming this summer . . . 90-minute endurance rides! Simulates an outdoor ride. Please register at least one week in advance.

<b>Fees:</b>	<b>Member: \$5</b>	<b>Other: \$5</b>
Greenville	Fri., June 4	9:00-10:30 am
Greenville	Fri., June 18	9:00-10:30 am
Greenville	Fri., July 2	9:00-10:30 am
Greenville	Fri., July 16	9:00-10:30 am
Greenville	Fri., July 30	9:00-10:30 am
Greenville	Fri., Aug. 6	9:00-10:30 am
Greenville	Fri., Aug. 20	9:00-10:30 am

Instructor: Diana Unger