



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLE SCHEDULE

McCleskey-East Cobb YMCA -- Specialty Studio (lower-level)

Schedule begins Jan. 9, 2012 and is subject to change. Studios are air-conditioned for your comfort. Please dress appropriately.

If you are susceptible to cool temperatures, please bring a jacket. As a courtesy to all participants, please arrive to class on time.

Bring a towel and water bottle to class. Cycling shoes are optional. Pedals are SPD-compatible. All levels welcome.

KEY:

♥ Class is appropriate for members new to Group Exercise and/or participating in THE COACH APPROACH.

🚲 Sign-in required for cycle classes -- available at the front desk 30 minutes prior to class start time. Capacity of 17.

MONDAY	Class	Instructor	Location
6:00AM-7:00AM	Group Cycling 🚲	Sheri	Specialty Studio
8:15AM-9:15AM	Group Cycling 🚲	Barbara R.	Specialty Studio
9:30AM-10:30AM	Group Cycling 🚲	Laurie	Specialty Studio
6:00PM-6:45PM	Group Cycling Express 🚲♥	Laurie	Specialty Studio
TUESDAY	Class	Instructor	Location
9:30AM-10:30AM	Group Cycling 🚲	Dianna R.	Specialty Studio
6:30PM-7:30PM	Group Cycling 🚲	Laurie	Specialty Studio
WEDNESDAY	Class	Instructor	Location
6:00AM-7:00AM	Group Cycling 🚲	Joel	Specialty Studio
8:15AM-9:15AM	Group Cycling 🚲	Lorna	Specialty Studio
9:30AM-10:30AM	Group Cycling 🚲	Terri M.	Specialty Studio
6:00PM-6:45PM	Group Cycling Express 🚲♥	Kim	Specialty Studio
THURSDAY	Class	Instructor	Location
9:30AM-10:30AM	Group Cycling 🚲	Terri M.	Specialty Studio
6:30PM-7:30PM	Group Cycling 🚲	Kristi O./Sheri	Specialty Studio
FRIDAY	Class	Instructor	Location
6:00AM-7:00AM	Group Cycling 🚲	Joel	Specialty Studio
8:15AM-9:15AM	Group Cycling 🚲	Laurie	Specialty Studio
9:30AM-10:30AM	Group Cycling 🚲	Kristi O.	Specialty Studio
SATURDAY	Class	Instructor	Location
9:30AM-10:15AM	Group Cycling Express 🚲♥	Sheri	Specialty Studio
10:30AM-11:15AM	Group Cycling Express 🚲♥	Jennifer W.	Specialty Studio
SUNDAY	Class	Instructor	Location
1:30PM-2:15PM	Group Cycling 🚲	Sheri/Brooke	Specialty Studio

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McCleskey-East Cobb YMCA

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For more information, please contact: Lorna Loh

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Rev. 1/2/12

CLASS DESCRIPTIONS

Please be on time to ensure proper warm-up. Please bring a towel and water bottle to class.

Cycle classes are 55 minutes long with a 5-minute stretch at the end.

If you are new to our cycle classes and have not been fitted on our bikes, please arrive 10 minutes early so you can be properly fitted.

GROUP CYCLING

A stationary cycling workout for all fitness levels. Pedal in groups, roll over hills, chase the pack, and climb mountains. Motivating music and an inspiring group environment. Cycling shoes are optional. (Pedals are SPD-compatible). All levels welcome.

GROUP CYCLING EXPRESS

45-minutes of Group Cycling.