



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLE SCHEDULE

Northeast Cobb YMCA -- Cycle Studio

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 24.
- 🏃 heart rate based class. Heart rate monitor highly recommended.

MONDAY	Class	Instructor	Location
5:30AM-6:30AM	Cycle Max (Endurance) 🚲🏃	Lorna	Cycle Studio
8:30AM-9:30AM	Group Cycling 🚲	Lorna	Cycle Studio
9:45AM-10:45AM	Group Cycling 🚲	Traci	Cycle Studio
6:30PM-7:30PM	Group Cycling 🚲	Lorna	Cycle Studio
TUESDAY	Class	Instructor	Location
6:00AM-7:00AM	RaceFit Cycling 🚲	Lorna	Cycle Studio
8:30AM-9:30AM	Group Cycling 🚲	Lorna	Cycle Studio
9:45AM-10:30AM	Cycling 101 🚲♥	Paula	Cycle Studio
5:30PM-6:15PM	Cycling 101 🚲♥	Paula	Cycle Studio
6:30PM-7:30PM	Group Cycling 🚲	Kim	Cycle Studio
WEDNESDAY	Class	Instructor	Location
5:30AM-6:30AM	Cycle Max (Intervals) 🚲🏃	Lorna	Cycle Studio
8:30AM-9:30AM	Group Cycling 🚲	Joel	Cycle Studio
9:45AM-10:45AM	Group Cycling 🚲	Frannie	Cycle Studio
6:30PM-7:30PM	Group Cycling 🚲	Lorna	Cycle Studio
THURSDAY	Class	Instructor	Location
6:00AM-7:00AM	RaceFit Cycling 🚲	Lorna	Cycle Studio
8:30AM-9:30AM	Group Cycling 🚲	Laurie	Cycle Studio
9:45AM-10:30AM	Cycling 101 🚲♥	Brooke	Cycle Studio
5:30PM-6:15PM	Cycling 101 🚲♥	Paula	Cycle Studio
6:30PM-7:30PM	Group Cycling 🚲	Kevin	Cycle Studio
FRIDAY	Class	Instructor	Location
5:30AM-6:30AM	Cycle Max (Strength) 🚲🏃	Lorna	Cycle Studio
8:30AM-9:30AM	Group Cycling 🚲	Jamie	Cycle Studio
9:45AM-10:45AM	Group Cycling 🚲	Misty	Cycle Studio
SATURDAY	Class	Instructor	Location
7:30AM-8:30AM	RaceFit Cycling 🚲	Lorna	Cycle Studio
9:00AM-10:00AM	Group Cycling 🚲	Jennifer R.	Cycle Studio
SUNDAY	Class	Instructor	Location
12:30PM-1:30PM	Group Cycling 🚲	Misty	Cycle Studio

continued on back page

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.

CYCLING 101

An introductory class to Group Cycling. First 15 minutes is setup and learning proper cycling techniques. Real ride time is 30-minutes long and is specifically designed for those new to Group Cycling. Focus is on proper form and proper cycling techniques. Must arrive on time to ensure proper bike setup.

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 challenges you while allowing you to work at your own pace. Bring a towel and water bottle to class. Cycling shoes are optional. (Pedals are SPD-compatible). All levels welcome.

RACEFIT CYCLING

Develop your ability to produce and sustain power on a bike. An intermediate-level class to target specific training goals and build on-the-bike strength and power. Whether you race, ride for fun, or just love indoor cycling, you will see marked improvement in your overall fitness.

CYCLE MAX

NEW FORMAT! Classes are designed around power and heart rate and emphasize training, not just fitness. Profiles are periodized for progression with a goal of increasing VO2 Max. Heart-rate monitor highly recommended.

Mondays – Endurance

Wednesdays – Intervals

Fridays – Strength

Endurance

Emphasis on heart rate and continuous effort. Focus on form, cadence, control, and pedal stroke.

Intervals

Big swings in heart rate and power with varying recovery periods and depths

Strength

Emphasis on keeping heart rate at functional power threshold.

Northeast Cobb YMCA

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