



MAY CYCLING LIVE & VIRTUAL

Live classes may be change out to Virtual Classes whenever an instructor is not available. Contact Annette Garrison for any questions, agarrison.ymca@gmail.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45- 6:30 am	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
6:30- 7:15 am	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
8:00-8:45 a.m.	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
9:00-10:45 a.m.	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	Reebok Cycling Live	
12:15-1:00 p.m.	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		RPM VIRTUAL 1:15 pm
2:00-2:45 p.m.	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
3:15 -4:00 p.m.	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
4:15-5:00 p.m.	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL	RPM VIRTUAL		
5:45-6:30 p.m.	Reebok Cycle Live		Reebok Cycle Live				

RPM™: Indoor cycling class set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast. Learn all the basic cycling moves like standing up, sitting down, changing hand positions, speeding up and slowing down. You control your own resistance levels and sprint speed so you can build up your training level over time. Virtual Classes available throughout the day!!! Check out our Virtual Classes and Live Les Mills classes too downstairs!

Age Policy Instructor lead classes: Under 10 -Not Allowed Ages 10-13 with Adult or Parent, Ages 14 & up can participate without a parent or adult. **Age Policy Virtual RPM: Require a parent or adult be with all kids under age 18 due to safety and liability issues. Parents or adults are encouraged to participate in classes.**



MAY AEROBICS SCHEDULE

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	
7 a.m. - 7:45 am			YOGA				
8:40 -9:40 am						ZUMBA®	
9:00-10:00 am	YOGA				YOGA (45 MIN.CLASS)		
10:30am-11:15 am	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS YOGA/TAI CHI	SILVER SNEAKERS CLASSIC				
5:35 pm.-6:30 pm				ZUMBA®			

CLASS DESCRIPTIONS: YOGA - Yoga is a mind & body practice. This class combines physical postures, breathing techniques, and mediation to promote mental and physical well-being. **ZUMBA®**- this class incorporates interval training, alternating slow and fast rhythms to help improve cardiovascular fitness and lots of fun! **SILVER SNEAKERS CLASSIC** -focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support. **SILVER SNEAKERS YOGA** - Yoga in chair and standing while incorporating the gentle art of Tai Chi for Active Older Adults.

AGE POLICY: GROUP EXERCISE 1-9 NOT ALLOWED 10-13 ACCOMPANIED BY ADULT 14-UP MAY ATTEND CLASSES ARE FREE AND OPEN TO MEMBERS ONLY.	OUR YMCA MISSION <i>"To put Christian principles into practice through programs that promote healthy spirit, mind and body for all."</i>
	FINANCIAL ASSISTANCE IS AVAILABLE FOR LOW INCOME FAMILIES OR INDIVIDUALS. PLEASE INQUIRE AT FRONT DESK.