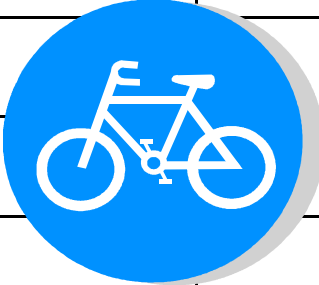


M O N	T U E	W E D	T H U	F R I	S A T	S U N
	CYCLE Interval Hills 5:45am-6:45am Jon		CYCLE Power Reps 5:45am-6:45am Jon			
Express Cycle 8:30-9:00am Terry		Express Cycle 8:30-9:00am Misty		BEGINNER CYCLE* 8:15am-9:00am Jaala	CYCLE 8:00am-9:00am Nathan/Lydia	
	CYCLE 9:00am-10:00am Juli		CYCLE 9:00am-10:00am Bonnie			
	CORE WORK 10:00am-10:15am Juli					
		CYCLE 12:00pm-1:00pm Dave				
	CYCLE 5:30pm-6:30pm Nathan/Maggi		CYCLE 5:30pm-6:30pm Nathan			

CLASS	LEVEL	DESCRIPTION
Beginning Cycling	ALL	A great place to start if you've never taken an indoor cycling class. Learn the basics of indoor riding while getting a great workout.
Cycle	ALL	A series of climbing, sprinting, and other cycling drills to create a great cardiovascular workout.
Interval Hills	ALL	High Intensity focus on climbing using profiles of local hills and mountain passes.
Power Reps	ALL	Interval training on and off the bike.

Our cycling studio is located next to the ice viewing area.

New to exercise or just starting back up? Look for this symbol for a class to get you started.

★ **is schedule is EFFECTIVE 11/1/07** Schedule subject to change at any time. www.ymcabv.org/schedules.html

YMCA of Boulder Valley – Arapahoe Center 303-664-5455
Child Watch hours: M-Th 8:00am-7:30pm, Fri. 8:00am-1:30pm, Sat. 8:00am-12:00pm, Sun. closed

CLASS INSTRUCTIONS & INFORMATION:

- Participants must be age 12 or older.
- Bring a water bottle and a sweat towel to every class.
- **Pick up a cycling tag from the Member Services desk when you check in.**
Tags will be available up to 30 minutes before class to reserve your spot.
- Come to class early to set up your bike. The instructors will help you with the proper fit.
- Wear athletic clothing (i.e. shorts, t-shirt, athletic or bike shoes).
- Padded shorts and hard-soled cycling shoes are recommended, but not required.
- SPD compatible clipless pedals are available on each bike.
- Please clean your bike after class. Cleaning wipes are available in the cycling studio.
- Cycling is a great way to get a non-impact yet intense cardio workout like no other.
- Class intensity can be modified accordingly by the user on each bike. Ask the instructor for any assistance you may need.
- Please feel free to give us your input on a class, instructor, or anything else you would like to see in the cycling program. Comment cards are available at the Member Services Desk.
- Please report any bike maintenance, room temperature, or music volume concerns to the instructors.

☆ **New to exercise or just starting back up? Look for this symbol for a class to get you started.**

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YMCA of Boulder Valley – Arapahoe Center 95th and Arapahoe – 303-664-5455
Child Watch hours: M-Th 8:00am-7:30pm, Fri. 8:00am-1:30pm, Sat. 8:00am-12:30pm, Sun. closed