



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Southeast Y Indoor Cycling Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:45-6:45 am Interval Ride Erica		6- 7:00 am Riding in the Rockies Jeannine				
					7-8:00 am Break Away to the weekend Jeannine	
			10-11:00 am Pump It Up Carrie New Class			
		12-1:00 pm Cycle-Delic Interval Kristina (40 min ride with set up)		12 - 1:00 pm T.G.I.F. Kristina		1:30-2:30 pm Random Ride Kristina/Erica
		4:30-5:30 pm Ride Home Tracy				

<p>7:45-8:45 pm Night Ride Kristina</p>						<p>** Note shaded boxes recently Update 5/12</p>
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UPDATED 5-2012 – Schedule subject to change.

2-DAY RESERVATION SYSTEM: Please call the service desk @ 622-9622 or stop by 2 days or less prior to the start of class to reserve a bike. There will be a 1-hour cancellation policy; participants need to call the service desk at least 1 hour prior to the start of class to cancel their reservation. Failure to cancel a bike 3 times in one month will prohibit participation in the program for 1 month.

NOTE: Your bike will be forfeited to a waiting participant 5 minutes after class has started if you have not shown up. Example: For a 9:00 a.m. class, you have until 9:05 a.m. before you forfeit your reservation. All classes are for beginners, intermediate or advance. Please let the instructor know if you need assistance or if you are new to group cycling.

Southeast Family YMCA • 2190 Jet Wing Dr
719-622-9622 • www.ppyymca.org

Financial Assistance: If you are unable to pay the full cost of YMCA membership or programs, you may apply for assistance based on your financial situation. Funds for financial assistance are raised through the YMCA Partners Campaign and come from generous individuals, businesses and the local community.

*Class Descriptions are listed on the back of this sheet. For more information call **622-9622** or visit www.ppyymca.org.

Following are the class types that instructors will be offering.

Endurance – The foundation of any cardiovascular training program, this class is characterized by steady state heart rate training between 65% - 80% of maximum heart rate. You'll work on mental focus, form, relaxation skills and breathing as your body makes incredible cardiovascular adaptations. Watch the fat melt away and your energy increase after 8 weeks of endurance training. (Suggested training frequency: 2-5 times per week in this zone.)

Instructor's Choice – The class will be one of the following as the instructor selects for that day: endurance, interval or strength.

Interval - Characterized by work to rest intervals, this class incorporates heart rate ranges from 65% - 92% of maximum heart rate depending upon the goal of the class and the individual. Intervals can be aerobic with short rest periods, or anaerobic with long rest periods. Either way you'll feel fit! (Suggested training frequency: 1 time per week in this zone.)

Strength – Hills and more hills, this class is characterized by muscular endurance drills, both seated and standing. Heart rates range from 75% - 85% of maximum heart rate depending on the drill and the individual. You'll get strong here! (Suggested training frequency: 1-2 times per week in this zone.)

First Time participant – Don't worry you will fit right in. Let the instructor know it is your first cycling class, they will be more than happy to assist you with bike set-up, basic safety information, and they will talk you through working at your own level, whatever profile (Endurance, Interval or Strength) is being taught that day. Don't forget, bring water to stay hydrated.

Cycle-Delic Interval – Interval ride with strength training added for an all over body workout.