



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE - RANDOLPH AREA YMCA

Cycling Room

ALL CYCLING CLASSES HELD IN GYM UNTIL FURTHER NOTICE

JUNE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|--------|
| | Cycling with Nicole R. 5:15-6:00 AM | | Cycling with Nicole R. 5:15-6:00 AM | | | |
| | | | | | | |
| | | | | | Cycling Instructors Vary 9:00-9:45 AM | |
| | | | | | 20th: Kathy 27th: Kathy | |
| | | | | | | |
| Cycling/Circuit with Melissa M. 12:15-1:00 PM | | Cycling/Circuit with Melissa M. 12:15-1:00 PM | | Cycling with Kathy A. 12:15-1:00 PM | | |
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Randolph Area YMCA

Ben Jamerson, Sports and Fitness Director

P 660-263-3600 bjamerson@randolphareaymca.com

Updated 12/3/19



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Randolph Area YMCA



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GROUP EXERCISE DESCRIPTIONS

Cycling: Indoor cycling offers a high energy stationary bike workout that enhances cardiovascular endurance and builds muscular strength. A combination of energizing music and unique workouts give you a fun fitness challenge with powerful results! Using the resistance on bike wheels change the intensity of each workout and drill allowing each individual to go at your own pace. This 45 minute class is designed to leave you breathless, drenched in sweat, and hundreds of calories lighter!

Cycle & Circuit: A workout that combines cycle sprints with endurance, circuits with kettlebells & medicine balls, strength circuits to tone the upper body. Each circuit lasts 5 minutes a piece on a rotation. A total endurance, strength and stamina workout.

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