



Cycling Schedule

Hillsborough YMCA

Created: 1/18/2019

All cycling classes require a class card. Cards can be obtained at the Welcome Center 15 minutes prior to the start of class. Age requirement for group exercise classes is 13 years and older.

KEY:

MONDAY	CLASS	INSTRUCTOR	LOCATION
9:30 AM-10:15 AM	Y Cycle	Kyla	Room 1
7:00 PM-7:55 PM	Y Cycle	Kim S.	Room 1
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:30 AM-6:25 PM	Y Cycle	Bill	Room 1
9:30 AM-10:25 AM	Y Cycle	Kim S.	Room 1
6:00 PM-7:00 PM	Cycle-n-Flex	Vandana	Room 1
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
6:30 PM-7:25 PM	Y Cycle	Kim S.	Room 1
THURSDAY	CLASS	INSTRUCTOR	LOCATION
9:30 AM-10:25 AM	SPINPower®	Heidi	Room 1
6:00 PM-7:00 PM	Cycle-n-Flex	Vandana	Room 1
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:30 AM-6:25 AM	Y Cycle	Bill	Room 1
9:30 AM-10:25 AM	SPINPower®	Heidi	Aerobics
SATURDAY	CLASS	INSTRUCTOR	LOCATION
7:30 AM-8:25 AM	Y Cycle	Lisa S.	Room 1
SUNDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-8:55 AM	Y Cycle	Alice	Room 1

CLASS DESCRIPTIONS

CYCLE-N-FLEX

Get your Cardio Sweat on....then pump it out with Resistance training. (All levels)

SPINPOWER®

Revolutionize your ride with power-based training! The SPINPower technology is unique because it tells riders how hard they are working, allows them to measure progress, and tells them what fitness variables they need to change. Your **Personal Spinning Threshold Test*** (PST) allows the creation of your customized SPINPower training zones. (All levels)

Y CYCLE

Group cycling is a challenging workout that suits all ranges of abilities and fitness goals. (All levels)

For questions on group exercise or Y Cycle classes, please contact Lisa Welsh at

lwelsh@somersetcountyyymca.org.