



Cycling Schedule

Somerville YMCA

Created: 1/18/2019

Cards can be obtained at the Welcome Center 30 minutes prior to the start of class. If maximum number of participants reached earlier, cards will be distributed then.

Only one card will be handed out per person. Members cannot save cards for other members. Members cannot take a card and leave the building.

Age requirement for spin class is 13 years and older.

All Rotation schedules are posted outside of the Cycling room

KEY:

MONDAY	CLASS	INSTRUCTOR	LOCATION
10:30 AM-11:30 AM	Y Cycle	Lisa Lucas	Cycling Studio
6:00 PM-7:00 PM	Y Cycle	Michaela	Cycling Studio
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:00 AM	Y Cycle	Frank	Cycling Studio
6:00 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
8:30 AM-9:30 AM	Y Cycle	Tony	Cycling Studio
6:00 PM-7:00 PM	Y Cycle	Beth	Cycling Studio
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:00 AM	Y Cycle	Frank	Cycling Studio
6:00 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
8:30 AM-9:30 AM	Y Cycle	Lisa Lucas	Cycling Studio
6:00 PM-7:00 PM	Y Cycle <i>SpinPower</i>	Tony	Cycling Studio
SATURDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-8:55 AM	Y Cycle	Frank	Cycling Studio
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:15 AM-10:15 AM	Y Cycle	Frank	Cycling Studio

CLASS DESCRIPTIONS

Y CYCLE

For questions on group exercise or cycling classes, please contact Valeria Tenreiro at tenreiro@somersetcountymca.org.