



# Jerry Long Family YMCA

## Winter Indoor Cycle Schedule

### February

Time	Studio	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Cycle Studio		RPM™	RPM™	RPM™	RPM™	RPM™	
			Launch Release #53 Feb 6th 5:30am					
8:20am	Cycle Studio							RPM™
8:30am	Cycle Studio		Joy Riders	Joy Riders	Joy Riders	Joy Riders		
			RPM™ **on 1/27		RPM™ **on 1/29			
9:35am	Cycle Studio		RPM™	RPM™	RPM™	RPM™	RPM™	RPM™
			Launch Release #53 Feb 6th 9:35am					
10:45am	Cycle Studio						RPM™-35 min.	RPM™ 4th/ 18th Weekend Cruiser 11th/ 25th
4:00pm	Cycle Studio	Weekend Cruiser						
			Launch Release #53 Feb 6th					
4:20pm	Cycle Studio		5:35 & 6:45pm	RPM™		RPM™		
5:35pm	Cycle Studio		RPM™	RPM™	RPM™	RPM™		
6:45pm	Cycle Studio		RPM™	RPM™	RPM™	RPM™		

## Indoor Cycle Class Descriptions:

\*Joy Riders- Designed for those "seasoned in life" and ready to ride! This is a 45 minute interactive class. Please note: priority goes to those who are 50+ years of age with sign up and attendance.

RPM™ - The great interval training class where you ride to the rhythm of powerful music to a calorie burning endorphin high!!

RPM™ (35minute) - Guaranteed to be the same great class as described above, providing a total experience in 35 minutes.

\*Weekend Cruiser - a 45 minute interactive ride with the emphasis on fun!

\*An asterisk (\*) indicates suggestion for "New to" exercisers.

\*All cyclists need a towel, water bottle, and low ankle height tennis shoes or cycling shoes with SPD clips for each ride. ☐

## Road Map for Success:

\*All cyclists need a towel, water bottle, and low ankle height tennis shoes or cycling shoes with SPD clips for each ride.

\*Middle school age and up are welcome to join our group fitness rides as long as they can obtain proper "bike fit" determined by our certified cycle instructor team.

\*New cyclists that have not attended a JL YMCA cycle class prior should arrive 15 minutes early to allow "bike fit" and general bike set up instructions.

\*A safe and effective workout will be ensured by riding with the pack from beginning to end. Once "stop signs" are posted in the cycle windows and the doors closed, late entry is not allowed in order to keep all riders safe. If you must leave prior to the class finishing, we ask that you take all

**belongings and refrain from re-entry until the ride is completed.**

### **How do you join in a cycle class?**

\*Call #(336)-712-2000 24 hours prior "on the hour" and sign up for the class time that works best for you. Sunday registration begins at 2pm to the YMCA mid-day opening.

Join the Jerry Long Family YMCA as we premiere our 'newest' Group Exercise Class...

**Sh'bam™** Saturday, February 11th @ 9:35am

Mark the date for this special event & wear your best dance or 80's attire. Great music & fitness all blended in one big a dance party.

Door prizes, dance prizes, and much more!! Can't wait to see you and your friends!