



Decatur County Family YMCA Cycle Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	9:00 am - 10:00 am Power Cycling		9:00 am - 10:00 am Power Cycling			
10:00						
4:00						
5:00	4:30 pm - 5:30 pm Rowing Strength Circuit		4:30 pm - 5:30 pm Rowing/Cycling Circuit			
6:00		5:30 pm - 6:15 pm Indoor Cycling		5:30 pm - 6:15 pm Indoor Cycling		

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Class Descriptions:

Rowing/Cycling Circuit: Rowing demands the use of your arms and legs, while cycling primarily focuses on lower body but in a different way. This great combination of strengthening along with the cardiovascular workout can burn 500-700 calories in an hour. TRX's and Kettle Bells may be used.

Rowing Strength Circuit: This high- intensity class will build your cardiovascular endurance, strengthen and tone your entire body in a fun, fast-paced group setting. Rowing intervals and racing will be combined with TRX Suspension Training along with core and strength training using a Kettle Bell. If you want to burn a lot of calories and get a great strength, high Endurance workout, this class is for YOU!

Indoor Cycling: Want to burn calories fast? Want to build endurance? Instructors lead you through exciting courses. Intensity is up to you as you work toward that target heart rate. Join the ride and stay fit! (fees are for one class per week)

Power Cycling: This class consists of 40 min. of cycling and 20 min. of strength training.