



Decatur County Family YMCA Cycle Studio Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00	9:00 am - 10:00 am Power Cycling
10:00	
4:00	
5:00	4:30 pm - 5:30 pm Rowing Strength Circuit
6:00	

9:00 am - 10:00 am
Power Cycling

4:30 pm - 5:30 pm
Rowing/Cycling Circuit

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!

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