



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 TRX/ Kettlebell 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.

TRX/Kettlebell Circuit: This high energy class will tone, build lean muscle and melt those unwanted calories away! We will power through multiple sets using the TRX suspension trainer, while also using KB's for both cardio and strength moves. All fitness levels welcome.

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.