

JULY
 Indoor Cycle
 Class
 SCHEDULE



**Peter Blum Family YMCA
 Of Boca Raton
 6631 Palmetto Circle South
 Boca Raton, FL 33433**

**All Indoor Group Cycle
 Classes Are Held In Our
 Indoor Cycle Studio!**

Mission Statement:
 To put Christian principles into practice
 through programs that build
 healthy spirit, mind and body for all.
 Contact Wendy Friswell at 237-0934 or at
 wfriswell@ymcaspb.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Cycle 6:15-7:00 am		Indoor Cycle 6:15-7:00 am		Indoor Cycle 6:15-7:00 am	
Indoor Cycle 8:45-9:30 am	Indoor Cycle 9:30-10:10 am	Indoor Cycle 8:45-9:30am	Indoor Cycle 9:15-10:00 am	Indoor Cycle 8:45-9:30 am	Indoor Cycle 8:45-9:30 am
Indoor Cycle 6:15-7:00 pm	Indoor Cycle 6:30-7:15 pm	Indoor Cycle & Core 6:30-7:30 pm		Indoor Cycle 5:45-6:30pm	

**Indoor Cycle
 Class Description**

This high intensity interval class is designed to take the cyclist through a series of challenging and heart pumping “rides”. The instructor will provide the motivation with great music, while leading you through rides of hills, valleys and fun cycling drills.

**Cycle & Core
 Class Description**

45 minutes of Interval cycle training followed by a mid section blast of core training. Heavy focus on lower back and abdominal strength .

**Cycle and Strength
 Class Description**

This one hour class consists of an intense cycle training followed by some strength exercises utilizing dumbbells, bands, and other toning apparatus.

**Introduction to
 Indoor Cycling**

Learn the basics of group cycling including body positioning, cadence and resistance. Please call Wendy Friswell, Group Fitness Coordinator at 237-0934 to make an appointment for this complimentary one-on-one introduction class.

