



Burbank YMCA
 36 Arthur B. Lord Drive, Reading, MA 01867
 781-944-9622 • www.ymcaboston.org



ADULT FITNESS : CYCLING CLASSES

4/17/08

For all classes FREE to members, we strongly suggest you call 24 hours in advance to ensure you have a bike for the class. Please visit or call the Fitness Dept. at ext. 230 to leave your name, class time, and phone number. Bike reservations may be made no earlier than 24 hours in advance and voicemails can be left on the Fitness Dept. extension.

Cycling Schedule (April 21st – June 22nd)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Y-Cycle 5:30-6:15am MaryEllen	Cycle & Pilates 5:30-6:45am Lisa	Y-Cycle/Muscle 5:30-6:05am Marcy	Y-Cycle 5:45-6:30am Eric	
						Y-Cycle 8:15-9:25 am Eileen
**Cycle & Yoga 9-10:15 am Connie	Y-Cycle 9:15-10:10 Connie	**Pedal & Pump 9:15-10:30 am Laura	Y-Cycle 9:15-10:10 Eric	** Pedal & Pump 9:15-10:30 Laura	Y-Cycle 9:15-10:10 Jody	
				**Teen Cycle 4-4:45pm Mary Ellen		
	Y-Cycle 6:30-7:25 Eileen	**Pedal & Pump 6:30-7:45pm Eileen	Y-Cycle 6:30-7:25 Suzanne	**Pedal & Pump 6:30-7:45pm MaryEllen		
		Beginner Y-Cycle 7:30-8:15pm Laura	**Cycle & Yoga 7:30-8:45 pm Connie	Beginner Y-Cycle 7:30-8:15pm Laura		

** Indicates a class with a fee that requires registration.

Y-Cycle Classes

Y-Cycle: High intensity indoor cycling workout simulating hills, valleys, peaks and flat roads giving you a total body workout as you visualize the road while working the mind, body and spirit.

Beginner Y-Cycle: 45 Minute introductory spinning class. Class will focus on proper seat adjustments, form and technique. For beginners only. No experience necessary.

Cycle & Muscle: 35 Minute cycle class followed by a 35 minute pilates class.

Cycle & Pilates: 40 Minute cycle class followed by a 35 minute pilates class.

Cycle & Yoga: 40 Minute cycle class followed by a 35 minute power yoga class.

Pedal and Pump: 40 Minute cycle ride and 30 minutes of certified personal training.

Teen Cycle: 45 minute high intensity workout for teens. This class will focus on proper seat adjustments, form and technique.

Any class with an attendance less than 8 people for 3 consecutive weeks will be canceled. Please contact Diana at dganzz@ymcaboston.org with any questions or comments regarding our Group Exercise Program.