

## Yoga, Pilates, TRX, Cycling Studio Class Schedule \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 - 6:00 am TRX Tabata w/Jessica	5:45-7:00 am Cycling w/Sarah	5:30 - 6:00 am TRX Tabata w/Jessica	5:45 - 7:00 am Cycling w/Sarah	5:30 - 6:00 am TRX Tabata w/Jessica	8:00 - 9:00 am Cycling Instructor Ro- tates
9:30-10:30 am Cycling w/ Sarah			6:15 - 7:00 am Barre w/ Megan		6:15 - 7:15 am Cycling w/Jen	9:15 - 10:00 am Barre w/Megan or Michele
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol		9:00 - 10:00 am Yoga-lates w/Angie	10:15 - 11:15 am Yoga Instructor Ro- tates
			4:00 - 5:00 pm Barre w/Megan	5:15-6:15 pm TRX w/ Tiffany		11:30 - 12:00 pm Stretching for Athletes w/ Donna
	5:15 pm - 6:15 pm Cycling w/Ellen	5:15-6:15 pm Pilates w/Angie	5:15 - 6:15 pm Cycling w/ Donna	6:15 - 7:15 pm Pilates w/ Ellen		
	6:30-7:30 pm Cycling w/Donna		6:30 - 7:30 pm Yoga w/Susan			

### Cycling Classes

Sometimes referred to as "Spinning," Indoor Cycling is a fitness class that is performed on stationary bikes to music. Instructors will guide you through an entire biking adventure that will challenge the most fit, but is very modifiable for those that are just starting their fitness journey. You'll have a ton of fun while enjoying a great ride time after time, not to mention burning an enormous

#### Cycling Fees:

**Members            \$4.00 per class**

**Non-Members     \$10.00 per class**

\*Temporary Membership Card-Holders must  
pay Non-Member Price\*

**RESERVATIONS CAN BE MADE AFER 12:00 PM  
ON THE DAY BEFORE THE CLASS MEETS  
(for ex. Mon. at noon for Tuesday class)**

\* All Class and Program Times, Dates and Prices are  
subject to change by the YMCA at any time.

### TRX & Barre Classes

#### TRX - Total Resistance Training

TRX, or Total Resistance Exercise, is a suspension training system that allows you to use your own body weight, and gravity for a great strength workout. Using the TRX Suspension Trainer will help you build strength, coordination, flexibility, balance, and joint stability.

#### TRX TABATA

A Tabata Interval also called a Tabata Sequence is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.

#### BARRE

An elegant, but challenging series of Ballet Barre and Pilates postures targeting the thighs, seat and core. These fluid exercises are designed to help you sculpt and tone your wat to a dancer-style body.

**RESERVATIONS CAN BE MADE AFER 1:00 PM ON THE  
DAY BEFORE THE CLASS MEETS  
(for ex. Mon. at 1pm for Tuesday class)**