



**FOR YOUTH DEVELOPMENT**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

8/11

## **YOUTH CYCLING**

### **What is it?**

Youth Cycling is a 30-minute, motivating, high-energy, cardio workout on a specialized stationary bike for youth members, ages 8-13 years. It is a great way to build endurance, lose weight, and enhance or begin your cardio program. An instructor leads the participants on a fun ride with great music and games to make the class fun and fast!

### **Who is it for?**

Youth Cycling classes are for YMCA members, ages 8-13, who want to stay active. No cycling experience is necessary.

### **What do I wear?**

Avoid loose, baggy clothing and long shoelaces that can catch on the seat or get tangled in the moving parts of the cycle. Wear clothes that enhance cooling. Athletic (closed-toed) shoes are a must.

### **Where do I go?**

Ask a front desk associate to direct you to the location of your class. Your instructor will be wearing a staff shirt and will be looking for you.

### **How do I Register?**

YMCA members may stop by or call any YMCA Front Desk to "save" a bike. Registration begins the 15<sup>th</sup> of each month, and a bike may be saved for one month at a time. Example: Registration for September classes will start on August 15, and you may only register for September.

### **Other Information**

**Contact:**      Broadview Center      436-9541  
                         East Side Center      436-1220  
                         West Side Center      436-9533

#### **YMCA Mission Statement**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622.