



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

8/11

## CYCLING

### What is it?

Cycling is a 45-minute motivating, high-energy, cardio workout on a specialized stationary bike. It is a great way to build endurance, lose weight, and enhance or begin your cardio program.

### Who is it for?

Our cycling classes are for YMCA members who want to improve their aerobic fitness. 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. Padded cycling shorts/tights are recommended.

### Where do I go?

Cycling classes are held at the Broadview, East Side and West Side Centers. A wide variety of class days and times are offered – see the current program guide. This flexible schedule allows you to pick the days and times that fit your schedule.

### How do I register for class?

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	436-9523
	East Side Center	436-1231
	West Side Center	436-9530

#### 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.