

CYCLE CLASSES AT THE YMCA IN GREENFIELD!

9/24-10/28

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|--------------------------------|--------------------------------|--------------------------------|--------|-----------------------------|-----------------------------|
| | 5:45-6:40 am Cycle Together | | 6-6:55 am Cycle Together | | | |
| | | | | | 8-8:55 am Cycle Together | 9-9:55 am Cycle Together |
| | 10-10:30 am Cycle 30 | | 10-10:30 am Cycle 30 | | | |
| | | | | | | |
| | 4:45-5:40pm Cycle Together | | | | | |
| | | 5:30-6:25 pm Cycle Together | 5:30-6:25 pm Cycle Together | | | |
| 6- 6:55 pm Cycle Together | | | | | | |

Congratulations on your joining us for Cycle Together/Cycle 30.
Here are a few things you should know before your first class.

- The Cycle Room is located at the end of the hallway on level 1, just passed the Women's Gold Locker Room.
- Please be quiet in this hallway, because there might be a massage is session.
- Please be on time. We will use the first few minutes to set up the bikes.

- Bring water and a towel. (this is an incredible workout where you will sweat!)
- For future classes you might want to consider purchasing bike shorts or a padded seat.
- Cycle Together reservations will work as follows:
 - reservations will be open 7 days prior to class happening
 - payment is required at time of reserving bike by either purchasing a punch card for \$50 (good for 10 classes) or paying \$8 per class.

- reservations/payments will happen at the Welcome Center. Phone calls not allowed.
- Punch cards will be good one year from purchase date.
- Cycle Together (60 min) and Cycle 30 (30 min) are the same price per class/punch
- No refunds on no shows bikes

- Feel free to offer schedule and program suggestions, by leaving a note for Jayne at the Welcome Center.

This program is a work in progress so please bear with us as we work out our kinks. Thank you, YMCA Cycle Team