

CYCLE CLASSES AT THE YMCA IN GREENFIELD!

1/2-2/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 am Free Style Cycle 45 minutes		6 am Cycle Together 45 minutes			
9 am Cycle Together 60 Minutes					8 am Cycle Together 60 minutes	9 am Cycle Together 60 minutes
	10 am Cycle 30		10 am Cycle 30			
		1:05 pm Cycle 30				
5:30 Free Style Cycle 60 minutes	5:30 pm Freestyle 60 minutes	5:30 pm Performance Cycle 45 Minutes	5:30 pm Freestyle 60 minutes			

Updated 12/28

Congratulations on your joining us for Cycle Classes

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.
 - Punch cards will be good one year from purchase date.
 - Cycle Classes are 30, 45 or 60 minutes and are all the same price per class/punch
- reservations/payments will happen at the Welcome Center. Phone calls not allowed.
- No refunds on no shows bikes
- Cycle Room opens 15 prior to the start of class , feel free to come warm up
- Classes might cancel if no one signs up one hour prior to class starting. So, please reserve your bikes.

We offer a variety of "Spinning Styles" and various class times. Find what works best for you. This program is a work in progress so please bear with us as we work out our kinks. Thank you, YMCA Cycle Team