

# CYCLE CLASSES AT THE YMCA IN GREENFIELD!

2/25 — 4/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6-6:45 am Free Style		6-6:45am Cycle Together			
9-9:55 am Cycle Together		9-9:55 am Cycle Free Style			8-8:55 am Cycle Together	9-9:55 am Cycle Together
	10-10:30 am Cycle 30		10-10:30 am Cycle 30		<b>9:15-9:45 am Gentle Spin Cycle For beginners FREE</b>	
		1:10 –1:40 pm Cycle 30				
	4:45-5:30pm Cycle Together					Updated 2/22
5:30 –6:25 pm Free Style		5:30-6:15 pm Performance Cycle	5:30-6:25 pm Cycle Free Style	5:30-6:15 pm Performance Cycle		

## Congratulations on your joining us for Cycle Program

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.
  - All Classes are good for one punch no matter what the duration of the class is
  - No refunds on no shows bikes-
- Non members can also purchase punch cards for \$ 60 ( good for 5 classes)
- Any questions please contact Jayne Trosin  
jtrosin@ymcaingreenfield.org
- Cycle Room opens 15 prior to the start of class
- YMCA reserves the right to cancel if no one signs up