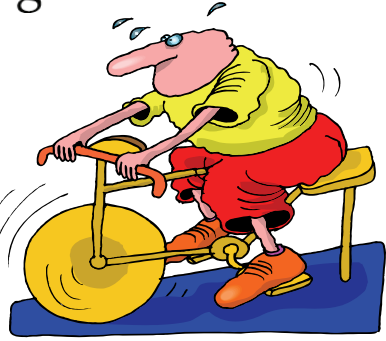


YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Group Cycling



Schedule Effective Sunday, January 17th 2010

Monday

8:30-9:15 a.m.—Kristy Weis
5:30-6:15 p.m.—Dawn Chavanu
6:30-7:15 p.m.—Jerry Fast

Tuesday

5:30-6:15 a.m.—Dawn Chavanu
5:15-6:30 p.m.—Tanya Holoubeck
6:30-7:15 p.m.—Sam Miller
7:30-8:15 p.m.—Sam Miller

Wednesday

5:45-6:30 a.m.—Kaiti Roeder
8:30-9:30 a.m.—Laura Aden
5:30-6:15 p.m.—Elizabeth Wiens

Thursday

5:30-6:15 a.m.—Jaci Kruse
5:15-6:30 p.m.—Tanya Holoubeck
6:30-7:15 p.m.—Sam Miller

Friday

8:30-9:15 a.m.—**rotation**—Kristy Weis,
Jaci Kruse, Laura Aden, Shari Geiser

Saturday

8:30-9:30 a.m.—**rotation**

Sunday

1:30-2:30 p.m.—**rotation**
3:00-4:00 p.m.—**rotation**



***If you are attending your first cycling class, please be at class at least 5 minutes early so your instructor may properly adjust your bike settings.

***Water is required at all cycling classes. Enjoy the ride!!

Please see other side for more information!

Rules of the Road

- Arrive at least 10 minutes early!
- Please Sign-in prior to class.
- All classes are first come, first served!
- Get help for initial fitting.

Gear

- Lightweight, low cut shoes that allow the “ankling” motions of the feet.
- Avoid footwear that bends easily underneath the arch.
- Dress to enhance cooling—biking or athletic shorts and sleeveless shirt.
- Prevent Skin Abrasions—parts of the body that come into contact with the saddle require protection. For many people constant rubbing of the inner thigh can cause discomfort. Wear biking shorts, or shorts without bulky seams.
- Prevent Undue Pressure—padded cycling shorts and gel-filled saddle covers may be helpful. Padded, fingerless gloves may also help, but most will find after a few weeks of training the skin usually adapts to the pressure, and the rider is able to maintain a balance that minimizes pressure on the hands and seat.
- Avoid loose, baggy clothing that can catch on the seat or become entangled in the moving parts of the cycle.