

Updated Y-Cycle Schedule

Effective 01/28/10

***Note – We will be adding more classes over time. Look for postings to announce new class days and times!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 AM		5:35 AM	6:00 AM		
10:15 AM Beginner		10:15 AM Beginner			11:15 AM	
	12:00 PM		12:00 PM			
				4:30 PM		
	5:30 PM		5:30 PM			

Class Sign-up:

- Call the YMCA (534-5631) or stop by the Member Service desk 24-hours before the start of each class to reserve a bike. You will be asked to call back if you call early.
- The first 14 members to call will have a bike reserved.
- We will take 3 wait list members per class.
- If you are not at class by the start time, your bike will be re-assigned to a member on the wait list.
- If you are on the wait list - it is your choice as to whether or not you come and try to get a bike.
- If you reserve a bike, but cannot come to class, please call. If you reserve a bike and “no call, no show” 2 times, you will need to talk with Jenn Gilburg, Fitness Director before taking your next class.

What You Need:

- All members must be sized on a bike before attending a Y-Cycle class.
- You will need to arrive 10 minutes prior to the start time in order to get your bike and make any necessary adjustments.
- A water bottle and small sports towel is a must!
- Bike shorts are recommended for comfort.
- No loose or baggy pants, for safety reasons. If you wear long pants, they must be tight fitting at the bottom.

We are pleased to be offering Y-Cycle to our members. The above guidelines are in place to ensure a safe and successful program. If you have any questions or concerns please see
Jenn Gilburg, Fitness & Family Program Director.

Greater Holyoke YMCA

We build strong kids, strong families, strong communities.