



























**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Indoor Cycling Schedule: January 2012

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15am	 Deanna	Strength Casey	Power Express 30 mins. (5:10-5:45) Casey	Intervals and Endurance Casey	 Allison, 1 Hour		
8:15am	Road Ride Dayna	Power Deanna	 Cyndi	Power Sheila	Road Ride Deanna	 Susie & Michele	
9:15am	 Cyndi	Road Ride Nanci	Road Ride Sheila	Intervals Marisol	 Cyndi	Road Ride Nancy/John	
10:15am		 Alicia, Express 10:15-10:50		 Alicia		 Deanna	
1:00pm							 Chris
3:00pm							 Jennifer
4:30pm	 Susie RPM Express 4:30-5:05	 Allison RPM Express 4:30-5:05	 Chris RPM Express 4:30-5:05	 Susie RPM Express 4:30-5:05			<p>Families are welcome to cycle together! 10-12 years must be accompanied by a parent. You must be hip height to the seat of the bike and able to reach the pedals without locking out the knee. Instructors are trained on proper bike setup and will check youth prior to riding.</p> <p>**An Introduction to Cycling Class is offered on the first Sunday at 12:30pm and the first Tuesday at 11:00am each month. This 30 min. class is designed to introduce you to proper bike setup, different riding positions, bike safety and more and is recommended for first-time riders.</p>
5:15pm	 Susie	 Susie	Road Ride Chris	 Susie	 Michele		
6:15pm	 Michele	 Chris	 Deanna	 Chris RPM Express 6:15-6:50			
7:00pm				 Jennifer			

Campo Family YMCA

3414 Culbreath Rd. • Valrico, FL 33596 • 813.684.1371 • www.tampaymca.org



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Indoor Cycling Class Information Free to Members!

Indoor group cycling is a class that is designed to be an individually paced journey to mental and physical wellbeing. By adjusting the resistance knob on your bike, all fitness levels can participate and work at your own individualized level. All of our instructors are nationally certified. Cycling is an entirely different type of fitness workout than any other cardiovascular activity. Give yourself time to get 'cycle fit' by coming regularly for an appropriate period of time. You WILL see and feel a difference in your fitness! All classes are approximately 45 minutes in length, unless otherwise noted.

- Cycling is the only class here at the Campo Y that we ask members to sign up in advance for. The front desk will have a signup sheet available 60 minutes prior to each cycling class. Sign your name on the signup sheet to reserve a bike for the class. **YOU MUST BE PRESENT IN THE BUILDING TO SIGN UP FOR CLASS.** Please do not sign in friends or family. You must be on your bike when class begins. If not, your bike will be given to someone on the waiting list. Also, once in the room, saving a bike for someone other than yourself is not permitted.
- **If you are new to cycling, please show up approximately 10-15 minutes prior to class starting so the instructor can assist you with setting up your bike.**
- What should I bring to cycling class? A water bottle and a towel are a must! If you have a heart rate monitor, bring that along as well. However, heart rate monitors, bike shorts, special cycling shoes are not required.
- Members are asked to clean their own bikes post-class using the provided wipes. However, if you know that you sweat a lot, you are responsible for bringing an appropriate number of workout towels to absorb.

Indoor Cycling Class Descriptions

Endurance, Strength and Interval Classes: Each class works a different energy zone. Endurance keeps you pacing and tracking a steady heart rate while challenging the mind to endure. Strength builds lean muscle through consistent moderate to heavy resistance and a steady heart rate. Intervals will bring the heart rate up and then allow for active recovery.

Express: These classes are 35 minutes long, as noted on the schedule.

Power: Gear it up! Class focus is riding with resistance. Strong climbs and sprints with resistance will help you build your inner and outer Power. Modern music and motivation are combined with great indoor cycling moves to create the ride of your life!



- RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on mixed terrains with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Road Ride: Simulate riding outdoors through flats, hills, maybe even a mountain climb or two! Your expert instructor will take you on a fitness journey with a different terrain each week set to incredibly motivating music!

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