



# GROUP INDOOR CYCLE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

## Jan.5-March 1 – 2026

DAY & TIME	MONDAY	INSTRUCTOR
	5:45am-6:30am 7:30am-7:50am 8:30am-9:15am 9:30am-10:20am 12:00-12:50pm 4:30pm-5:20pm 5:30pm-6:30pm	Paula W. Virtual In Studio RPM Rachele W. Virtual In Studio RPM Virtual In Studio RPM Virtual In Studio RPM Christine
<b>TUESDAY</b>	5:45am-6:30am 7:00am-7:45am 9:00am-9:45am 12:00pm-12:45pm 4:30pm-5:15pm 5:45pm-6:30pm 7:00pm-7:50pm	Jessica B. Virtual In Studio The Trip Heather S. Virtual In Studio The Trip Sandra A. Angela G. Virtual In Studio The Trip
<b>WEDNESDAY</b>	5:45am-6:30am 7:00am-7:50am 9:00am-9:45am 12:00pm-12:50pm 4:30pm-5:20pm	Christine W. Virtual In Studio RPM Briana Virtual In Studio RPM Michelle R.
<b>THURSDAY</b>	5:45am-6:30am 7:00am-7:50am 9:00am-9:45am 12:00pm-12:45pm 4:30pm-5:20pm 5:30pm-6:15pm 7:00pm-7:50pm	Ron K. Virtual In Studio RPM Heather S. Virtual In Studio The Trip Virtual In Studio RPM Darcy D. Virtual In Studio RPM
<b>FRIDAY</b>	5:45am-6:35am 7:00am-7:50am 9:00am-10:00am 12:00pm-12:50pm 5:30pm-6:20pm	Virtual In Studio RPM Virtual In Studio RPM Heather Virtual In Studio RPM Virtual In Studio RPM



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DAY & TIME	
SATURDAY	INSTRUCTOR
7:30am-8:30am	Ron K.
9:00am-9:45am	Sandy L.
11:00am-11:50am	Virtual In Studio RPM
SUNDAY	
8:30am-9:15am	Angela G.
9:30am-10:15am	Paula
10:30am-11:20am	Virtual In Studio RPM

### Class Descriptions

**Cycle**- A high-energy indoor cycle class that increases muscular and cardiovascular endurance. Classes can include various drills, cardio challenges, climbs and sprints. Options available for all fitness levels.

**LesMills RPM**- Cycling workout where you can control the intensity. Dial up the challenge factor to match your fitness level.

**LesMills The Trip**- A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey digitally-created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS workout takes motivation and energy output to the next level, burning serious calories.

\*All participants 8 years old and up with a minimum height of 4'9" are welcome!\*

Glass containers are prohibited in the Cycle Studio. Water only is permitted.