



GROUP INDOOR CYCLE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

Jan.5-March 1 - 2026

DAY & TIME

MONDAY

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

INSTRUCTOR

Paula W.
Virtual In Studio RPM
Rachele W.
Virtual In Studio RPM
Virtual In Studio RPM
Virtual In Studio RPM
Christine

TUESDAY

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

WEDNESDAY

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.

THURSDAY

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

FRIDAY

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



GROUP INDOOR CYCLE CLASS SCHEDULE

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Jan.5–March 1 – 2026

DAY & TIME

SATURDAY

7:30am–8:30am

9:00am–9:45am

11:00am–11:50am

INSTRUCTOR

Ron K.

Sandy L.

Virtual In Studio RPM

SUNDAY

8:30am–9:15am

9:30am–10:15am

10:30am–11:20am

Angela G.

Paula

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.