



# GROUP INDOOR CYCLE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

## May 4th–July 5th– 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  
Briana P  
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

Pete R  
Virtual In Studio RPM  
Heather  
Virtual In Studio RPM  
Virtual In Studio RPM



# GROUP INDOOR CYCLE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

## May 4th-July 5th- 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.