



GROUP INDOOR CYCLE CLASS SCHEDULE

Hal Welsh East Area Family YMCA

Sept 8th–Nov 1st 2026

DAY & TIME

MONDAY

5:45am–6:30am
7:30am–7:50am
8:30am–9:15am
12:00–12:50pm
4:30pm–5:20pm
5:30pm–6:30pm

INSTRUCTOR

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

TUESDAY

5:45am–6:30am
7:00am–7:45am
9:00am–9:45am
12:00pm–12:45pm
5:45pm–6:30pm
7:00pm–7:50pm

INSTRUCTOR

Jessica B./Ron K.
Les Mills Virtual In Studio The Trip
Heather S.
Les Mills Virtual In Studio RPM
Angela G.
Les Mills Virtual In Studio PRM

WEDNESDAY

5:45am–6:30am
7:00am–7:50am
9:00am–9:45am
12:00pm–12:50pm
4:30pm–5:20pm
5:30pm–6:15pm

INSTRUCTOR

Christine W.
Virtual In Studio RPM
Briana P.
Virtual In Studio RPM
Michelle R.
Dan A. (NEW)

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–7:45pm

INSTRUCTOR

Ron K.
Les Mills Virtual In Studio RPM
Briana P./Tracie L.
Les Mills Virtual In Studio The Trip
Les Mills Virtual In Studio RPM
Darcy D.
Les Mills Virtual In Studio RPM

FRIDAY

5:45am–6:35am
7:00am–7:50am
9:00am–9:45am
12:00pm–12:50pm

INSTRUCTOR

Pete R.
Les Mills Virtual In Studio RPM
Heather S.
Virtual In Studio RPM



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DAY & TIME

SATURDAY

7:30am–8:30am

9:00am–9:45am

11:00am–11:50am

INSTRUCTOR

Tracie L.

Sandy L.

Les Mills Virtual In Studio RPM

SUNDAY

8:30am–9:15am

9:30am–10:15am

10:30am–11:20am

Angela G.

Paula W.

Les Mills 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.