# GROUP INDOOR CYCLE
## CLASS SCHEDULE

Hal Welsh East Area Family YMCA

# Nov 2nd–Jan 3rd 2027

| DAY & TIME | INSTRUCTOR |
|---|---|
| **MONDAY** | |
| 5:45am–6:30am | Paula W. |
| 7:30am–7:50am | Les Mills Virtual In Studio RPM |
| 8:30am–9:15am | Rachele W. |
| 12:00–12:50pm | Les Mills Virtual In Studio RPM |
| 4:30pm–5:20pm | Les Mills Virtual In Studio RPM |
| 5:30pm–6:30pm | Christine W. |
| **TUESDAY** | |
| 5:45am–6:30am | Jessica B./Ron K. |
| 7:00am–7:45am | Les Mills Virtual In Studio The Trip |
| 9:00am–9:45am | Heather S. |
| 12:00pm–12:45pm | Les Mills Virtual In Studio RPM |
| 5:45pm–6:30pm | Angela G. |
| 7:00pm–7:50pm | Les Mills Virtual In Studio PRM |
| **WEDNESDAY** | |
| 5:45am–6:30am | Christine W. |
| 7:00am–7:50am | Virtual In Studio RPM |
| 9:00am–9:45am | Briana P. |
| 12:00pm–12:50pm | Virtual In Studio RPM |
| 4:30pm–5:20pm | Michelle R. |
| 5:30pm–6:15pm | Les Mills Virtual In-Studio RPM |
| **THURSDAY** | |
| 5:45am–6:30am | Ron K. |
| 7:00am–7:50am | Les Mills Virtual In Studio RPM |
| 9:00am–9:45am | Briana P./Tracie L. |
| 12:00pm–12:45pm | Les Mills Virtual In Studio The Trip |
| 4:30pm–5:20pm | Les Mills Virtual In Studio RPM |
| 5:30pm–6:15pm | Darcy D. |
| 7:00pm–7:45pm | Les Mills Virtual In Studio RPM |
| **FRIDAY** | |
| 5:45am–6:35am | Pete R. |
| 7:00am–7:50am | Les Mills Virtual In Studio RPM |
| 9:00am–9:45am | Heather S. |
| 12:00pm–12:50pm | Virtual In Studio RPM |

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| **SATURDAY** | |
| 7:30am–8:30am | Tracie L. |
| 9:00am–9:45am | Sandy L. |
| 11:00am–11:50am | Les Mills Virtual In Studio RPM |
| **SUNDAY** | |
| 8:30am–9:15am | Angela G. |
| 9:30am–10:15am | Paula W. |
| 10:30am–11:20am | 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.