

CYCLE CLASSES AT THE YMCA IN GREENFIELD!

March 2–April 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 am Cycle Together 60 minutes	6 am Performance Cycle 45 minutes		6 am Free Style 45 minutes		
9 am Cycle Together 60 minutes		9 am Free Style 60 minutes			8 am Cycle Together 60 minutes	
	10 am Beginner Cycle 30 minutes Free Class!		10 am Beginner Cycle 30 minutes Free Class!			9 am Cycle Together 60 minutes
				1 pm Free Style 60 minutes		
5:30 pm Free Style 60 minutes	5:30 pm Beginner Cycle 30 minutes Free Class!	5:30 pm Cycle Together 60 minutes	5:30 pm Performance Cycle 45 Minutes Ends 3/27			Updated 3/3

Congratulations on your joining us for Cycle Classes

Here are a few things to know before your first class.

- The Cycle Room is located at the end of the hallway on level 1, just beyond the Women’s Gold Locker Room.
- Please be quiet in this hallway, because there might be a massage is session.
- Please be on time. We will use the first few minutes to set up the bikes.
- Bring water and a towel (this is an incredible workout where you will sweat!).
- For future classes you might want to consider purchasing bike shorts or a padded seat.
- Cycle Together reservations will work as follows:
 - reservations will be open 7 days prior to class
 - payment is required at time of reserving a bike by punch card or paying a drop-in fee
 - reservations/payments will happen at the Welcome Center. Phone calls not allowed.
 - No refunds on no shows bikes
 - Cycle Room opens 15 prior to the start of class, feel free to come warm up.
 - Classes might cancel if no one signs up one hour prior to class starting. So, please reserve your bikes.

YMCA Members:

Punch Card \$50 for 10 classes (good for any cycle class)
 Drop In \$8 a class

Non Members:

Punch Card \$60 for 5 classes (good for any cycle class)
 If non member punch card is purchased, Day Pass is not required
 Drop In \$8 a class; along with the purchase of a Y Day Pass or provided Guest Pass