



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR CYCLING

## 7 DAYS A WEEK (as of 2.25.19)



GREENPOINT YMCA INDOOR CYCLING SCHEDULE					
<b>MON</b>	Indoor Cycling	7:00 AM	-	7:45 AM	Caroline
	Virtual	10:00 AM	-	3:00 PM	Self
	Orientation	7:15 PM	-	7:30 PM	Caroline
	Indoor Cycling	7:30 PM	-	8:15 PM	Caroline
<b>TUES</b>	Indoor Cycling	7:00 AM	-	7:45 AM	Melissa
	Virtual	10:00 AM	-	3:00 PM	Self
	Orientation	6:45 PM	-	7:00 PM	Caroline
	Indoor Cycling	7:00 PM	-	7:45 PM	Caroline
<b>WED</b>	Indoor Cycling	6:00 AM	-	6:45 AM	John
	Virtual	10:00 AM	-	3:00 PM	Self
	Indoor Cycling	12:00 PM	-	12:45 PM	Rebecca
	Orientation	7:15 PM	-	7:30 PM	Caroline
	Indoor Cycling	7:30 PM	-	8:15 PM	Caroline
<b>THUR</b>	Indoor Cycling	6:15 AM	-	7:00 AM	Rachel
	Virtual	10:00 AM	-	3:00 PM	Self
<b>FRI</b>	Indoor Cycling	9:15 AM	-	10:00 AM	Rebecca
	Virtual	10:00 AM	-	3:00 PM	Self
	Orientation	6:30 PM	-	6:45 PM	Rachel
	Indoor Cycling	6:45 PM	-	7:30 PM	Rachel
<b>SAT</b>	Orientation	7:45 AM	-	8:00 AM	Rachel
	Indoor Cycling	8:00 AM	-	8:45 AM	Rachel
	Virtual	10:00 AM	-	3:00 PM	Self
<b>SUN</b>	Orientation	8:45 AM	-	9:00 AM	Caroline
	Indoor Cycling	9:00 AM	-	9:45 AM	Caroline
	Virtual	10:00 AM	-	3:00 PM	Self

**INTRODUCING Virtual Indoor Cycling 10 AM—3 PM | DAILY**

Customize your workout with **Virtual Indoor Cycling**. Bring a bottle of water, your playlist, and ride virtually anywhere in the world!

All Spin Classes take place in the Spin Studio located on the 1st fl.

- BENEFITS OF CYCLING**
- Burn Calories
  - Improve cardiovascular health
  - Low impact workout
  - Relieve stress
  - Full body workout
  - Get energized