



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR CYCLING

7 DAYS A WEEK



GREENPOINT YMCA INDOOR CYCLING SCHEDULE						
MON	Indoor Cycling	7:00 AM	-	7:45 AM	Caroline	starts 2/25
	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	
TUES	Indoor Cycling	6:00 AM	-	6:45 AM	Melissa	ends 2/24
	Indoor Cycling	7:00 AM	-	7:45 AM	John	
	Virtual	10:00 AM	-	3:00 PM	Self	
	Orientation	6:45 PM	-	7:00 PM	Amanda	
	Indoor Cycling	7:00 PM	-	7:45 PM	Amanda	
WED	Indoor Cycling	6:00 AM	-	6:45 AM	Melissa	
	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	
THUR	Indoor Cycling	6:15 AM	-	7:00 AM	Rachel	
	Virtual	10:00 AM	-	3:00 PM	Self	
FRI	Indoor Cycling	6:00 AM	-	6:45 AM	Melissa	
	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	
SAT	Orientation	8:00 AM	-	8:15 AM	Rachel	
	Indoor Cycling	8:15 AM	-	9:00 AM	Rachel	
	Virtual	10:00 AM	-	3:00 PM	Self	
SUN	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