



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR CYCLING

## SUMMER/ SESSION 4 | 7/1-8/25/19

(as of 5.31.19)



### 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 first floor.

### BENEFITS OF CYCLING

- Burn Calories
- Improve cardiovascular health
- Low impact workout
- Relieve stress
- Full body workout
- Get energized

### GREENPOINT YMCA INDOOR CYCLING SCHEDULE

MON	Indoor Cycling	7:00 AM	-	7:45 AM	Caroline
	Virtual	10:00 AM	-	3:00 PM	Self
	Orientation	7:15 PM	-	7:30 PM	Nico
	Indoor Cycling	7:30 PM	-	8:15 PM	Nico
TUES	Indoor Cycling	7:00 AM	-	7:45 AM	John
	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
WED	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
THUR	Indoor Cycling	6:15 AM	-	7:00 AM	Rachel
	Virtual	10:00 AM	-	3:00 PM	Self
FRI	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	7:45 AM	-	8:00 AM	Rachel
	Indoor Cycling	8:00 AM	-	8:45 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

**\*Need Financial Assistance? JUST ASK!**