

Y INDOOR CYCLING

We build strong kids, strong families, strong communities.

July 2010 Schedule

Monday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
					6:00-7:00pm	Indoor Cycling	All	JoDee	WS
					7:15-8:00pm	Indoor Cycling	1	Laura	WS
Tuesday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
6:00-7:00am	Indoor Cycling	All	Jessica	WS	6:00-7:00pm	Indoor Cycling	All	Rick	WS
					7:15-8:00pm	Indoor Cycling	All	Jenn B.	WS
Wednesday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
8:30-9:45am	Cycling & Abs	All	JoDee	WS	6:00-7:00pm	Indoor Cycling	All	Staff	WS
					7:15-8:00pm	Indoor Cycling	All	Laura	WS
Thursday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
6:00-7:00am	Indoor Cycling	All	JoDee	WS	6:00-7:00pm	Indoor Cycling	All	Rick	WS
◀ 8:30-9:30am	Indoor Cycling	All	Jenn B.	WS	7:15-8:00pm	Indoor Cycling	All	Jessica	WS
Friday									
Time	Class	Level	Instructor	Rm	Time	Class	Level	Instructor	Rm
					5:30-6:30pm	Indoor Cycling	All	Jenn B.	WS
Saturday									
Time	Class	Level	Instructor	Rm	ROOM KEY				
8:30-9:30am	Indoor Cycling	All	Jill	WS	(3 rd Floor)	WS= Wellness Studio			
					◀ Indicates NEW Class Time/ Location/ Instructor				

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.
 321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

Class Descriptions

Indoor Cycling: A group exercise workout performed on a stationary bike. This class offers the latest cardio workout with great music and plenty of motivation. Experience the best sweat you've ever had! **(Please bring a towel & water)**

Cycling and Abs: One hour of Indoor cycling topped off with fifteen minutes of abs. All levels welcome.

We recommend arriving at least 15 minutes prior to your class start time. Bikes are available on a first come first serve basis.

NOTE:

- Minimum age: 15 years with instructors approval
- Classes with less than 5 participants are subject to cancellation
- Instructors and classes are subject to change
- Instructors reserve the right to (NOT) allow latecomers to enter class
To allow for smooth transition between successive classes-class time will end 5 minutes early.

BURBANK COMMUNITY YMCA

FACILITY HOURS

Monday-Friday 5:30AM - 10:00PM
Saturday 7:00AM - 6:30PM
Sunday 12NOON - 5:00PM

MEMBER SERVICES HOURS

Monday-Friday 8:00AM - 8:00PM
Friday 8:00AM - 7:00PM
Saturday 9:00AM - 6:00PM
Sunday 1:00PM - 5:00PM

SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or burbankymca.org.