

Indoor Cycling Schedule - January 2007

What is Indoor Cycling?

Through the use of the resistance knob and various pedaling speeds the rider can simulate cycling journeys such as hill climbing, flat road, sprints and explosive power moves. A cycling journey is created by an instructor to make it feel like you are truly outdoors riding your bike. Workouts are predetermined to allow for proper recovery from workouts and to ensure you are cross training within the program. All fitness levels are welcome.

New Participants...

...Please arrive early for bike set up: be sure you are properly fitted on your bike, and let the instructor know you are new. This will help us accommodate your needs and prevent potential injury.

Reminders:

- Arrive 15 min. before class
- Bring Water Bottle & Towel
- Wear appropriate clothing and shoes.

South Montgomery County YMCA:

6145 Shadowbend Pl
8100 Ashlane Way
The Woodlands
281-367-9622
www.ymcahouston.org

S U N	M O N	T U E	W E D	T H U	F R I	S A T
	1 Interval Branch Crossing 5:45am Katy 9:40am Melissa 6:45pm Jennifer* Shadowbend 5:30am Mindy 8:30am Cindy * 7:00pm Nikki	2 Strength Branch Crossing 8:30am Cassandra Shadowbend 5:30am Lisa/Debra 12:00pm Michelle * 7:45pm Nora	3 Endurance Branch Crossing 5:45am Melissa 6:50pm Sheri Shadowbend 5:30am Cindy 9:45am Jennifer	4 Interval Branch Crossing 8:30am Sandra Shadowbend 5:30am Robin 12:00pm Jennifer * 7:45pm Nora	5 Endurance Branch Crossing 5:30am Katy/Mindy* Shadowbend 5:30am Dana 8:30am Nancy 12:00pm Shellee*	6 Strength Shadowbend 8:00am Willie **
7 Endurance Branch Crossing 4pm Michelle/shellee	8 Strength Branch Crossing 5:45am Katy 9:40am Melissa 6:45pm Jennifer* Shadowbend 5:30am Mindy 8:30am Cindy * 7:00pm Nikki	9 Endurance Branch Crossing 8:30am Cassandra Shadowbend 5:30am Lisa/Debra 12:00pm Michelle * 7:45pm Nora	10 Strength Branch Crossing 5:45am Melissa 6:50pm Sheri Shadowbend 5:30am Cindy 9:45am Jennifer	11 Endurance Branch Crossing 8:30am Sandra Shadowbend 5:30am Robin 12:00pm Jennifer * 7:45pm Nora	12 Interval Branch Crossing 5:30am Katy/Mindy* Shadowbend 5:30am Dana 8:30am Nancy 12:00pm Shellee*	13 Interval Shadowbend 8:00am Willie **
14 Strength Branch Crossing 4pm Michelle/shellee	15 Endurance Branch Crossing 5:45am Katy 9:40am Melissa 6:45pm Jennifer* Shadowbend 5:30am Mindy 8:30am Cindy * 7:00pm Nikki	16 Interval Branch Crossing 8:30am Cassandra Shadowbend 5:30am Lisa/Debra 12:00pm Michelle * 7:45pm Nora	17 Interval Branch Crossing 5:45am Melissa 6:50pm Sheri Shadowbend 5:30am Cindy 9:45am Jennifer	18 Strength Branch Crossing 8:30am Sandra Shadowbend 5:30am Robin 12:00pm Jennifer * 7:45pm Nora	19 Endurance Branch Crossing 5:30am Katy/Mindy* Shadowbend 5:30am Dana 8:30am Nancy 12:00pm Shellee*	20 Endurance Shadowbend 8:00am Willie **
21 Open Branch Crossing 4pm Michelle/shellee	22 Interval Branch Crossing 5:45am Katy 9:40am Melissa 6:45pm Jennifer* Shadowbend 5:30am Mindy 8:30am Cindy * 7:00pm Nikki	23 Endurance Branch Crossing 8:30am Cassandra Shadowbend 5:30am Lisa/Debra 12:00pm Michelle * 7:45pm Nora	24 RACE DAY Branch Crossing 5:45am Melissa 6:50pm Sheri Shadowbend 5:30am Cindy 9:45am Jennifer	25 Endurance Branch Crossing 8:30am Sandra Shadowbend 5:30am Robin 12:00pm Jennifer * 7:45pm Nora	26 Strength Branch Crossing 5:30am Katy/Mindy* Shadowbend 5:30am Dana 8:30am Nancy 12:00pm Shellee*	27 Interval Shadowbend 8:00am Willie **
28 Interval Branch Crossing 4pm Michelle/shellee	29 Endurance Branch Crossing 5:45am Katy 9:40am Melissa 6:45pm Jennifer* Shadowbend 5:30am Mindy 8:30am Cindy * 7:00pm Nikki	30 Strength Branch Crossing 8:30am Cassandra Shadowbend 5:30am Lisa/Debra 12:00pm Michelle * 7:45pm Nora	31 Strength Branch Crossing 5:45am Melissa 6:50pm Sheri Shadowbend 5:30am Cindy 9:45am Jennifer			

Classes are 45 minutes unless noted

*60 minute class

** 75 minute class