



Indoor Group Cycling

BATH AREA FAMILY YMCA
303 Centre St, Bath, 443-4112
www.bathymca.org

Session Fee: Members: \$30.00
Community Members: \$45.00

Sign Up Now! Call 443-4112
or register online
www.bathymca.org



Multiple class discount (within same session): Sign up for more than one Group Cycling class within a 6-week session and you'll receive a **\$5 discount** on your second and subsequent classes within the same session.

Schedule of classes

Monday: 5:30-6:30 pm

Tuesday: 12:00-1:00 pm

Wednesday: 5:15-6:15 am

Thursday: 7:30-8:30 am

Thursday: 6:15-7:15 pm

Friday: 12:00-1:00 pm

Group cycling (spinning) on our Lemond spin bikes is ideal exercise for both beginners and experienced cyclists of any fitness level. With no complicated moves to learn and music that begs your legs to pedal, this class is bound to be fun and challenging for everyone. Each indoor "ride" will simulate outdoor riding conditions (hills and flats) using a variety of tempos and positions--all set to motivating music! Lemond spin bikes allow each rider to adjust the tension/resistance and ultimately control his or her workout.

As you build an endurance base, the introduction of concepts such as pedal efficiency, breathing, relaxation, and visualization will raise your level of cycling enjoyment and move you toward higher fitness levels.