

YMCA Cycling Schedule

2008

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Mikie	Dan	Mikie	Kerri	Mikie	
7:45 AM							Whitney (no class on 3rd Sat.)
9:00 AM							Gina (Advanced)
9:30 AM		Lynn	Lynn	Gina	Gina	Lynn	
10:45 AM		 Jen	Intro (1st Tues. only) Jen*	Beginner - Candice			
12:00 PM			 Jen		Julie		
12:30 PM	Jan						
4:30 PM	Phil-(start 2/10)			Whitney			
5:00 PM		John					
5:45 PM			Intro (1st Tues. only) Whitney*				
6:00 PM				Jan	Whitney	Phil	
6:15 PM		Paul (Advanced)					
7:00 PM			Jen				

*Intro classes will not be held the months of June, July and August. During these months, we recommend the Beginner class.

You may register 3 days in advance at the Service Center or 636-458-6636. There are 20 bikes available on a first come, first served basis.

If you are unable to make a class, please call to cancel at least 2-3 hours in advance so we may fill your space from the waiting list.

Due to the high volume of cycling participants, "no shows" will be penalized

You may not place your own pedals on a bike, or tighten or loosen clips at any time. Shoe clips should be SPD compatible.

Current schedules are available at ymcastlouis.org/wildwood/schedules

Report any bike problems to instructor.

Bring both water (we suggest 2 bottles) and a towel to class.

Respect other class members by not talking to a neighbor during class.

Second Saturday class offered at 7:45 am, except on 3rd Saturday of month.

Contact Info: Gary Hirssig, 636-458-6636 extension 249

When we have back to back classes on Holidays, you may not participate in both classes.



Heart rate classes for everyone - bring your heart rate monitor to guide you through your training. Class will be taught based on Heart rate and also the regular way