



# THOMAS E. HANNAH YMCA

## Spin & Healthy Living

### Schedule

Mon	Tues	Wed	Thurs	Fri	Sat & Sun
5-8:15am Open Use	5:15am RPM MARY-LADD	5-8:45am Open Use	5:15am RPM ANNIE L. / KATE	5-9:15am Open Use	7-8:15am Open Use
8:35am Cycle KERRY	6:45a-5pm Open Use	9:00am RPM 30min ANIK	6:45a-5pm Open Use	9:35am Cycle SUE S.	8:35am RPM ANIK
9:45am-11:45pm RESERVED	5:00pm-12pm Open Use	9:45am-11:45pm RESERVED	5:00pm-12pm Open Use		9:45am - 6:50pm Open Use
12pm-8:50pm Open Use	5:15pm-7:15pm RESERVED	12pm-8:50pm Open Use	5:15pm-7:15pm RESERVED	11:00a-8:50pm Open Use	SUN 1pm-5:50pm Open Use



**CHOOSE HAPPY!**  
**JOIN US FOR**  
**RPM 100**  
**SATURDAY,**  
**JAN 13TH**  
**@ 8:35AM**

**OVER 25 YEARS OF CYCLING TOGETHER!**

**LIVESTRONG®** is a free evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. This is a free program for members and nonmembers. We are here to help. Inquire at the Front Desk. Sessions starting again late summer of 2023.

**Cycle** - classes simulate terrain similar to cycling outdoors. Includes hill and seated climbs, sprints, races, and recovery periods. Great leg, cardio, & core work suitable for all levels.

**RPM™** - Cardio Peak Training at its best in a low impact cycle workout, involves a specific blend of steady-state and high-intensity builds of cardio endurance, leg strengthening, and drives the transformative fat-burning effects associated with HIIT concepts. **Les Mills Strong!**