



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 ANI K.
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



RPM LAUNCH SATURDAY APRIL 20TH!

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!