



THOMAS E. HANNAH YMCA

SPIN & HEALTHY LIVING

SUMMER 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 ANI/KERRY | 5-9:15am Open Use | 7-8:15am Open Use | 1pm-5:50pm |
| 8:35-9:35a RPM ANI | 6:45a-4pm Open Use TEEN FIT FUSION 4P-5:15PM | 8:45-9:45am Open Use | 6:45a-4pm Open Use TEEN FIT FUSION 4P-5:15PM | 9:35am Cycle SUE S. | 8:35am RPM ANI/DANIELA | Open Use |
| 9:45a-11:45am YMCA EBHI Program | 5:15p-7:45pm YMCA EBHI Program | 9:45a-11:45am YMCA EBHI Program | 5:15p-7:45pm YMCA EBHI Program | 11:00a-8:50pm Open Use | 9:45a-6:50pm Open Use | FACILITY HOURS Mon-Fri 5am-9pm Sat 7am - 7pm Sun 1pm-6pm |
| 11:45am-8:50pm Open Use | 7:15p-8:50pm Open Use | 11:45am-8:50pm Open Use | 7:15p-8:50pm Open Use | | | |

EXERCISE IS BETTER TOGETHER!
COME RIDE WITH US!

DOWNLOAD THE Y360 APP TODAY. IT'S FREE!



TEEN FIT FUSION

Ages 9 - 12 T/Th 4:00p -4:30pm

Ages 13 - 17 T/Th 4:30p -5:15pm

Sign-up with the Front Desk or online



Great class for sports conditioning, exercise enjoyment, & developing a long-term healthy lifestyle!

EVIDENCE-BASED PROGRAMS AT THE Y!

Check out our Healthy Living and Evidenced-based programming on our website.

We have programs and classes for Cancer Survivorship, Parkinson's, Blood

Pressure Self-Monitoring, Tai Chi Fall Prevention & Balance, Youth Development, and more!



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!