



# THOMAS E. HANNAH YMCA

## SPIN & HEALTHY LIVING

### SUMMER SCHEDULE

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

**OCT 18TH**  
**RPM LAUNCH**  
**8:35AM!**  
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!