



THOMAS E. HANNAH YMCA

SPIN & HEALTHY LIVING

WINTER 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 SPIN KERRY	5-9:15am Open Use	7-8:15am Open Use	1pm-5:50pm Open Use
8:15am-8:50pm Open Use	6:45a-8:20a & 9:45-4:15pm Open Use 8:30A-9:30A PRENATAL TEEN FIT FUSION 4:30P-5:15PM 5:15p-7:45pm YMCA EBHI Program 7:15p-8:50pm Open Use	8:15am-8:50pm Open Use	6:45a-8:20a & 9:45-4:15pm Open Use 8:30A-9:30A POSTPARTUM TEEN FIT FUSION 4:30P-5:15PM 5:15p-7:45pm YMCA EBHI Program 7:15p-8:50pm Open Use	9:35am Cycle SUE S. 11:00a-8:50pm Open Use	8:35am RPM ANI/ DANIELA 9:45a-6:50pm Open Use	FACILITY HOURS Mon-Fri 5am-9pm Sat 7am-7pm Sun 1pm-6pm

RPM LAUNCH
JAN 17TH!
COME RIDE WITH US!



SPECIALTY CLASS ALERT:
MOM'S ONLY!

Register Today!



STARTING JAN 13TH
PRENATAL TUES 8:30AM
POSTPARTUM TH 8:30AM

TEEN FIT FUSION

Ages 9 - 17

T/Th 4:30 - 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!