



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

# COME RIDE WITH US!



Register  
Today!

**SPECIALTY CLASS  
MOM'S ONLY!**



JOIN MID-MONTH!

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 Evidence-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!

