



# THOMAS E. HANNAH YMCA

## SPIN & HEALTHY LIVING

### WINTER SCHEDULE

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

**COME RIDE WITH US!** 

Register Today!



**SPECIALTY CLASS MOM'S ONLY!**

**JOIN MID-MONTH!  
PRENATAL WED 5:30PM  
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!