



THOMAS E. HANNAH YMCA

SPIN & HEALTHY LIVING

SPRING SCHEDULE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5a-9:45am Open Use	5:15am RPM ANI	5a-9:45am Open Use	5:15am SPIN KERRY	5a-9:15am Open Use	7a-8:15am Open Use	1pm-5:50pm Open Use
9:45a-11:45am YMCA EBHI Program	6:30a-5:15pm Open Use	9:45a-11:45am YMCA EBHI Program	6:30a-8:20am Open Use	9:35am Cycle SUE S.	8:35am RPM DANIELA	
11:45a-8:50pm Open Use	5:15p-7:45pm YMCA EBHI Program	11:45a-4:15pm Open Use	8:30a-9:30am POSTPARTUM	11:00a-8:50pm Open Use	9:35a-6:50pm Open Use	FACILITY HOURS Mon-Fri 5am-9pm Sat 7am-7pm Sun 1pm-6pm
	7:45p-8:50pm Open Use	5:30p-6:15pm PRENATAL	5:15p-7:45pm YMCA EBHI Program			
		6:30pm-8:50pm Open Use	7:45p-8:50pm Open Use			

COME RIDE WITH US! 

Register Today!



SPECIALTY CLASS MOM'S ONLY!

**JOIN MID-MONTH!
PRENATAL WED 5:30PM
POSTPARTUM TH 8:30AM**

**RPM LAUNCH
APRIL 11TH
8:35AM** 

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!

