

# Group Cycle Schedule

Winter Session 1: Jan. 9–Feb. 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am Sara <b>Spin-X*</b> (Spin/Aerobic Class)	5:30 am Dave R.	5:30 am Mike	5:30 am Dave C.	5:45 am Sheila	
9:00 am Charlie	9:00 am Melissa	9:00 am Jamie	9:00 am Melissa	8:00 am Mike	8:00 am ALT.
5:30 pm Kelly			5:15-5:45 pm <b>HIIT**</b> Kelly	9:15 am Becky	9:15 am ALT.
	6:00 pm Dave C.	5:30 pm Dave R.			

Class schedules may change due to member participation.

**Spin-X\*** consists of spinning and cross training in the same class: bikes, then into the gym for some cross training work, then back to the bikes and so forth...

**P.S. Think of it as boot camp on wheels!**

**HIIT\*\*** (High Intensity Interval Training): Non-stop powerhouse session! It's all the rage and growing in popularity! The premise is a shorter workout session—2:1 ration work to rest (maximum effort, easy effort), increased and/or similar fat and calorie burning. Burn calories without losing muscle—the exercise after-burn exponentially increases.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHORTER WORKOUT MAXIMUM BURN

## HIIT

### (High Intensity Interval Training)

This GROUP CYCLE CLASS is a non-stop powerhouse session! It's all the rage and growing in popularity! The premise is a shorter workout session—2:1 ration work to rest (maximum effort, easy effort), increased and/or similar fat and calorie burning. Burn calories without losing muscle—the exercise after-burn exponentially increases.

Thursdays, 5:15-5:45 pm  
Instructor: Kelly Johnson  
Y Members: Free!

**Benton Harbor-St. Joseph YMCA Family Center**