

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

**YMCA of Ithaca and Tompkins County**

## SUMMER SESSION GROUP CYCLING CLASSES



***JOIN THE "RIDE"***

Group Cycling is a popular form of cardiovascular exercise that will keep you entertained for the duration of the ride. This is an instructor lead class. The class is instructed with great music and takes you through a variety of terrains.

The instructor teaches proper technique on the flats, rolling hills, and hill climbing. The best part is YOU are in control of your ride. Please come in comfortable clothing or biking shorts.

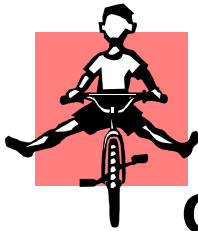
Biking shoes or stiff sneakers are recommended.

You will sweat, so bring water and a towel!

**Session Dates: June 29 - August 30, 2009**

**No registration necessary**

**First come, first serve.**



**YMCA MEMBERS ONLY!**

**OPEN CYCLING FOR THE SUMMER**

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	6:30 - 7:30am LIZ			6:30 - 7:30am SHEILA
9:35 - 10:30am LAURIE	12:05 - 1:00pm MYRIAM			9:35 - 10:30am SELINA
			6:35 - 7:30pm MELISSA /LINDA	



YMCA of Ithaca and Tompkins County  
Graham Rd. West, Ithaca NY 14850  
Phone: 607-257-0101 Website: [www.ithacaymca.com](http://www.ithacaymca.com)