

Union County Family YMCA  
 1150 Charles Lane  
 Marysville, OH 43040  
 937-303-9285  
 www.unioncountyyymca.org


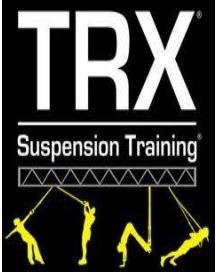
# Cycling & TRX

## September through December 2017

Studio #3



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM				5:00 - 5:45 Group Cycling	Call to sign up the ← night before		
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM		6:00 - 6:45 sign up at front desk Group Cycling					
6:45 AM		Abworks 6:45 - 7:00					
7:00 AM							
7:45 AM							7:45 - 8:30 sign up at front desk Group Cycling
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM						9:30 - 10:15 card from front desk TRX Circuit Training	
9:45 AM							
10:00 AM - 12:00 PM							
12:15 PM							
12:30 PM		12:15 - 1:00 sign up at front desk Group Cycling		12:15 - 1:00 sign up at front desk Group Cycling			
12:45 PM		Abworks 1:00 - 1:15		Abworks 1:00 - 1:15			
1:00 PM							
1:15 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM	6:15 - 7:00 sign up at front desk Group Cycling	6:00 - 6:45 card from front desk TRX Body Blast	6:15 - 7:00 sign up at front desk Group Cycling				
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							

Purchase a **FAST PASS** to reserve your Group Cycling bike. Passes are \$10 for 5 reservations.

# Cycling and TRX

## Class Descriptions Studio #3

**Advance Cycling:** Is for any adventurous person who enjoys riding their bike outside, and would like to stay in tip top cycling shape during the winter months. This class is 2 hours long and guarantees a fun, intense workout to motivating music. Class runs through the winter months. **This class meets seasonal only through the winter schedule.**

**Group Cycling:** Group Cycling is an exercise class with bikes available on a first come, first serve basis. Ask an instructor or the front desk for a copy of Group Cycling policies. Cycling is an instructor-lead class on specialized stationary bikes. Different riding positions and varying the wheel resistance gives you a great cardio workout!

**INTRO TO TRX:** This class is designed for beginners to TRX. You will receive 30 minutes of basic instruction so that when you attend a full TRX class you will feel comfortable with the moves. **CLASS IS SEASONAL ONLY RUNS THROUGH THE WINTER SCHEDULE**

**TRX Body Blast:** The movements of the class work on a coordinated tempo. The class is driven by the beat of the music. You will perform sets of repetitions of each exercise move. This class is ideal for participants new to TRX suspension.

**TRX Circuit Training:** Is a boot camp style class format. Each individual chooses a pace and difficulty range, this class is driven by the clock. It is an ideal class for participants accustomed to sport-specific or boot camp style training and for those who enjoy pushing themselves to the limit of their own abilities.

**TRX/Cycling:** This class promises to give you the best of both. Cardio workout from the cycling portion, and toning and strength from the TRX. **Not always on the schedule watch each new schedule for class availability**

**TRX Suspension Training:** The movements are distinguished from traditional exercises in that the users hands or feet are generally supported by a single point while the opposite end of the body is in contact with the ground. Your desired percentage of bodyweight is loaded onto the targeted body zone and animated as an exercise movement. This suspension type workout is an ideal mix of support and mobility to train strength, endurance, coordination, flexibility, power and core. "All core all the time".