



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR CYCLING SCHEDULE

CYCLING STUDIO

Schedule Begins May 1st.
Schedule is subject to
change.

All classes are
approximately 55 min
in duration unless
otherwise noted.

▲ This class can be as
long or short as you
want...Come and go
anytime! Please make
sure you warm up and
stretch afterwards!

IMPORTANT:

Towel and Water are
required
Please arrive 10-15
minutes early
Your bike will be forfeited
to wait listed participants
if you arrive 5 minutes
after class has started
Must be 16 years old to
participate

2 Day Reservation
System
Call 473-9622 or stop by
the Scan desk!

Failure to cancel a bike 3
times in one month for
which you have signed up
will prohibit you from
participating in the
program for one month.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:30am▲	5:15-6:30am▲	5:15-6:30am▲	5:15-6:30am▲	5:30-7:30am▲	
7-8am		7-8am			7:45-8:45am
8-9am		8-9am		8-9am	
	8:45-9:45am		8:45-9:45am		8:45-9:45am
9:15-10:15am		9:15-10:15am		9:15-10:15am	
	Noon-1pm		Noon-1pm		
		4:30pm Beginning Cycling offered monthly			
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm			



Downtown Family Center
207 N Nevada Ave, Colorado Springs, CO 80903
P 719-473-9622 www.ppyymca.org



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MAY INDOOR CYCLING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:15-6:30am AB▲ 8:45am I Noon AB 5:30pm AB	2 5:15-6:30am AB▲ 7am S 8am AB 9:15am S 5:30pm S	3 5:15-6:30am ▲ 8:45am AB Noon S	4 5:30-7:30am AB/I▲ 8am AB 9:15am I	5 7:45-8:45am IC 8:45-9:45am IC
7 5:15-6:30am AB ▲ 7am I 8am AB 9:15am S 5:30pm I	8 5:15-6:30am I▲ 8:45am AB Noon I 5:30pm S	9 5:15-6:30am S▲ 7am AB 8am S 9:15am AB 5:30pm AB	10 5:15-6:30am AB▲ 8:45am I Noon AB	11 5:30-7:30am AB/S▲ 8am I 9:15am AB	12 7:45-8:45am IC 8:45-9:45am IC
14 5:15-6:30am S▲ 7am AB 8am S 9:15am Mystery Theme AB 5:30pm AB	15 5:15-6:30am AB▲ 8:45am S Noon AB 5:30pm AB	16 5:15-6:30am AB▲ 7am I 8am Classical AB 9:15am I 4:30pm BC 5:30pm I	17 5:15-6:30am S▲ 8:45am AB Noon I	18 5:30-7:30am AB/S▲ 8am Show Tunes AB 9:15am S	19 7:45-8:45am IC 8:45-9:45am IC
21 5:15-6:30am AB▲ 7am S 8am AB 9:15am Pace & Cadence Drills 5:30pm Latin Strength	22 5:15-6:30am S▲ 8:45am AB Noon S 5:30 I	23 5:15-6:30am I▲ 7am AB 8am I 9:15am AB 5:30pm AB	24 5:15-6:30am AB▲ 8:45am AB Noon AB	25 5:30-7:30am I/ AB▲ 8am s 9:15am AB	26 7:45-8:45am IC 8:45-9:45am IC
28 Memorial Day!!! DTC Open 7am-1pm!!! 8am I 9:15am AB	29 5:15-6:30am AB▲ 8:45am I Noon AB 5:30pm AB	30 5:15-6:30am AB▲ 7am S 8am AB 9:15 S 5:30pm S	31 5:15-6:30am I▲ 8:45am AB Noon S	▲This class can be as long or short as you want... Come and go anytime!	

AEROBIC BASE (AB) Learn focus and persistent, steady fat-burning techniques in this class geared to establish your aerobic system. Heart rate parameters of 65-75% of MHR. Watch the fat melt away, and your energy increase after 8 weeks of Aerobic Base training. (2-3 times a week suggested)

BEGINNING CYCLING (BC): This class is an introductory class for beginners only. Instructors will set you up and take you on a short ride. Perfect class for you to check out this fun workout!! This class is offered once a month.

BRING YOUR OWN MUSIC (BYOM): Make your song requests for this fun sing-along ride!

INSTRUCTOR'S CHOICE (IC): This class will be one of the following as the instructor selects for that day: Aerobic Base, Interval, or Strength.

INTERVAL (I): Characterized by work to rest intervals, this class incorporates heart rate ranges from 65-92% of max. heart rate depending upon the goal of the class and the individual. Intervals can be aerobic with short rest periods, or anaerobic with long, rest periods. (1 time a week suggested)

PACELINES & CADENCE DRILLS (PCD): Learn to perfect your cycling style and performance in this road-based format. No heart-rate parameters are suggested.

STRENGTH (S): Hills and more hills, this class characterized by muscular Aerobic Base drills, both seated and standing. Heart rates range from 75-85% of max heart rate depending on individual. (1-2times per week suggested)

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