



YMCA Cycle Schedules

****All classes held in the cycle studios****

| CHASCO Family YMCA – Round Rock, TX | | | | | | | Effective 03/08/19 |
|--|-----------------|----------------------|-------------------------|----------------------|--------------|-----------------------------|---------------------------|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 5:20am | RPM Sharonda | | SPRINT *30m Sharonda | | RPM Gina | | |
| 7:30am | | | | | | SPRINT *30m Mark/Bethany | |
| 8:30am | | SPRINT Katie | | SPRINT Bethany | | | |
| 9:30am | RPM Katie | | RPM Julie | | RPM Katie | RPM Mark/Gina | |
| 6:00pm | RPM Julie | | RPM Kim K | | | | |
| 6:30pm | | SPRINT *30m Katie | | SPRINT *30m Katie | | | |

| HUTTO Family YMCA – HUTTO, TX | | | | | | | Effective 03/08/19 |
|--------------------------------------|----------------|-------------|-------------------------|----------------|-------------------------|----------------------|---------------------------|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 5:20am | | RPM John | | RPM John | RPM Diana M | | |
| 8:30am | | | | | | RPM Diana N/Kim K | |
| 9:45am | RPM Diana N | | SPRINT *30m Sharonda | | SPRINT *30m Sharonda | | |
| 10:45am | | | | RPM Diana N | | | |
| 6:35pm | RPM Kim K | | RPM Gina | | | | |

LES MILLS RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

MISCONCEPTIONS ABOUT INDOOR CYCLING

Have you ever tried our LesMills RPM or LesMills SPRINT indoor cycling classes or have you thought...

"I can't ride fast."

-- LesMills RPM is designed for all fitness levels. Your instructor will give you a target riding pace, but the workout allows every person to find their place in the pack!

"I have bad knees."

-- Because cycling is a low-impact form of exercise, it is actually one of the safest activities for people with knee issues!

"Those seats are too small/uncomfortable."

-- Discomfort disappears when bike setup is done correctly and when proper technique is used on the bike. Your instructor will help you find the best fit for your body and the more you come, the more your riding technique will improve!

"The room is so dark/bright. I will feel embarrassed walking in with all those people in there."

-- Yes, it's true that it is impossible for us to ensure that every participant is happy with the amount of light in the room, but rest assured that your instructor and the regular riders LOVE new folks and will make you feel welcome from the very moment you set foot in the room!

"I don't have the special shoes."

-- Many instructors and regular participants use cycling cleats that allow for a more effective ride, however, by no means must you use these to enjoy the class! Regular sneakers are perfectly fine!

"I tried it once. It was so boring and repetitive."

-- LesMills provides fantastic music and a world-class workout to keep participants engaged and excited! The company continues to improve the program every single quarter by providing instructors with quarterly education resources to help them improve coaching and connecting techniques. The RPM and SPRINT instructors at the Chasco and Hutto YMCAs are top notch and just keep getting better! If you try one instructor and prefer a different style, don't give up! Try other instructors until you find some favorites!

"I cannot sit on a bike for 45 minutes."

-- There is good news for you! Both LesMills RPM and LesMills SPRINT utilize different positions on the bike to help us get through the workout. Also, in LesMills RPM, we utilize SmartStart which means that you are only expected to participate in the first 20 minutes of the class! Your instructor will give you information about how to gradually build up to the full-length class. As for SPRINT, the workout is designed to be intense, so it only lasts for 30 minutes, but feel free to leave at any time on your first few classes. Before you know it, you'll love the workout so much that the duration will no longer be a hindrance!

Indoor cycling burns lots of calories (up to 600 per class!), improves cardiovascular fitness, increases stamina, and is safe for all ages! Try a class today!