



INDOOR SPIN / MOVESTRONG CLASS SCHEDULE

KV YMCA WINTER SESSION

EFFECTIVE: January 2nd—February 18th

AUGUSTA AND MANCHESTER SPIN CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00AM		Spin Functional Room Craig/Chris V <hr/> Spin Cross Training Holly D MANCHESTER		Spin-Cross Training Craig	Spin Cross Training Janice MANCHESTER	Endurance Ride Debbi W 7:30-9am
12:00-1:00PM	Interval Cycle Erika	Hardcore Cycle Chris V	Interval Cycle Erika	Hardcore Cycle Chris V	Spin Functional Room Craig/Chris V	
5:15-6:00pm		MOVESTRONG CLASS CHRIS				
6:00-7:00PM	*Indoor Trek Across Maine Debbi W <hr/> Endurance Ride Ashley L 6:45-7:30pm MANCHESTER	Evening Ride Kim G <hr/> Cardio Cycle & Core Trish 5:30-6:30pm MANCHESTER	Indoor Trek Across Maine Debbi W	Evening Ride Kim G		

***All Spin classes listed on this schedule are located at the Augusta Branch UNLESS marked **MANCHESTER**. These classes are held at our Manchester Branch.**

Spin Class Descriptions

Evening Ride - Fun Intermediate level indoor cycle class filled with intervals, sprints, hills and more
MEMBERS: FREE (must register)

Endurance Ride - Start your weekend out the right way with an hour and a half of hills and flats to build that cardiovascular stamina! **FREE (must register)**

Hardcore Cycle - Burn maximum calories at lunch with this bootcamp style cycle class. Challenge yourself with extreme cycling as you work your way into shape. This class is recommended for intermediate and advanced riders
MEMBERS: FREE (must register)

Interval Cycle - This class challenges participants through intervals to enhance endurance and build explosive strength. All skill levels welcome
MEMBERS: FREE (must register)

Spin Cross Training - Combined both bootcamp and cycle class with all the bells and whistles! This class will challenge every bit of strength and endurance you have. Use dumbbells, resistance bands and bosu balls as this class fuses the cardio challenge of spinning and the muscle toning workout of bootcamp at the same time!! See if you have what it takes to get your fitness to the next level
MEMBERS: FREE (must register)

Spin TRX & Functional Room This intense class was created to help your body tighten up with the TRX Suspension Training system while speeding through flats and hills to build cardiovascular abilities. The TRX Suspension training will tone and tighten all muscle groups while continuously targeting the abs and core
MEMBERS: FREE (must register)

Cardio Cycle & Core - 40 minutes of intense modifiable interval training followed by 20 minutes of stretching and "hard-core" floor work **MEMBERS: FREE (must register)**

Indoor Trek Across Maine - Specialized program to train for the Trek Across Maine Program. See program brochure at Welcome Center for details!
MEMBER AND NON-MEMBER RATES—Must Register—No Drop in's allowed

PLEASE REMEMBER: If you are not registered for a spin class please feel free to check in at the beginning of the class and if there is an open bike join the class!