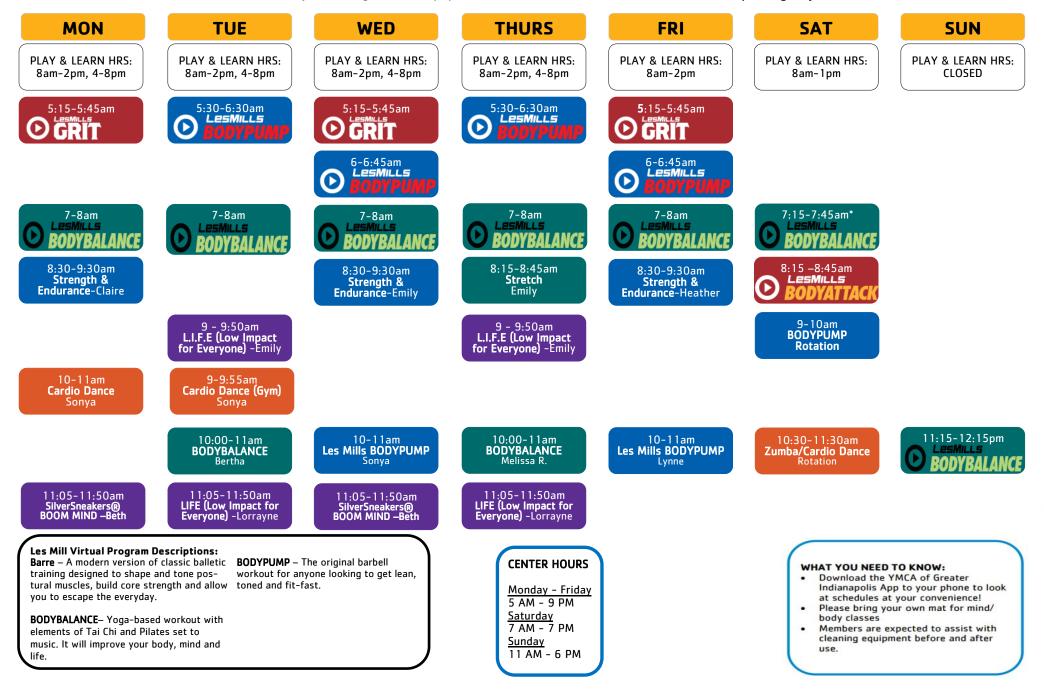


## A.M. GROUP EXERCISE SCHEDULE BENJAMIN HARRISON YMCA

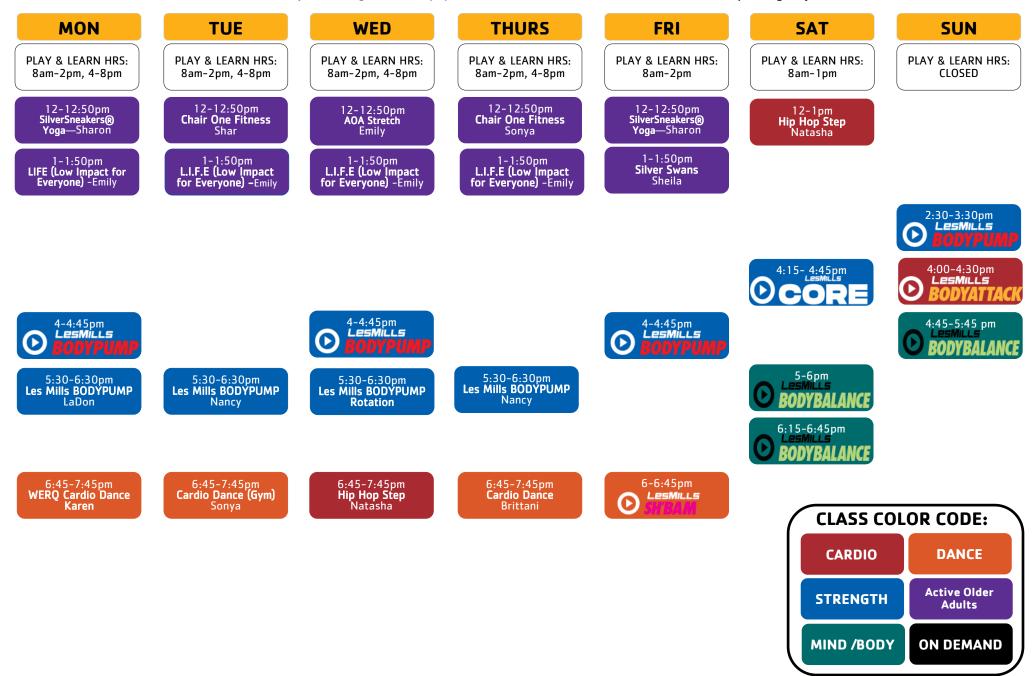
Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options. Class schedules are subject to change. Please stay up-to-date with us via Facebook & on the web at www.indymca.org/benjamin-harrison





## P.M. GROUP EXERCISE SCHEDULE BENJAMIN HARRISON YMCA

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options. Class schedules are subject to change. Please stay up-to-date with us via Facebook & on the web at www.indymca.org/benjamin-harrison

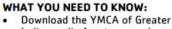




## A.M. GROUP CYCLING SCHEDULE BENJAMIN HARRISON YMCA

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- Indianapolis App to your phone to look at schedules at your convenience!
- Please bring your own mat for mind/ body classes
- Members are expected to assist with cleaning equipment before and after use.

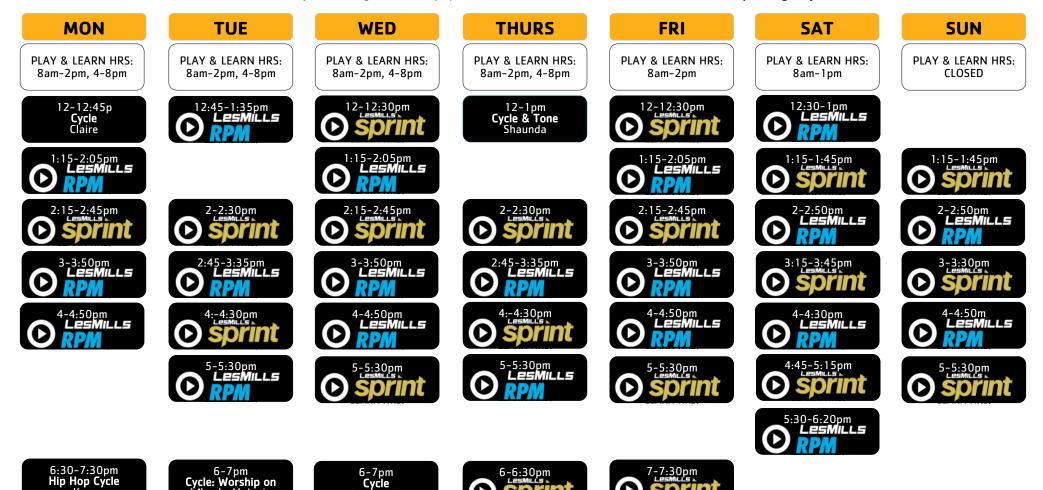
CENTER HOURS
<u>Monday - Friday</u> 5 AM - 9 PM <u>Saturday</u> 7 AM - 7 PM <u>Sunday</u> 11 AM - 6 PM





## P.M. GROUP CYCLING SCHEDULE BENJAMIN HARRISON YMCA

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Les Mill Virtual Program Descriptions

Kam

**RPM** – Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Melissa B

Wheels-Melanie

**Sprint** – High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.