

## STUDIO CYCLING

Monday	Class	Level	Inst.
5:45-6:45am	Studio Cycling	Beg/Int	Lori
9:15-10:15am	Studio Cycling	Int	Betsy
12:05-12:55pm	Cycle & Sculpt	All	Pam
5:15-5:45pm	Intro to Cycling	Intro	Emily O.
6:00-6:50pm	Studio Cycling	Int/Adv	Erin H.
7:00-7:50pm	Beginning Cycling	Beg	Heather

Tuesday	Class	Level	Inst.
6:00-6:50am	NEW! Studio Cycling	Beg/Int	Christel
9:15-10:10am	Cycle & Core	Beg/Int	Betsy
10:30-11:30am	NEW! Studio Cycling	Int/Adv	Mary Beth
12:00-12:50pm	Active Older Adults Let's Ride	Beg	David
6:00-6:50pm	Studio Cycling	Int/Adv	Erin H.

Wednesday	Class	Level	Inst.
6:00-6:55am	Studio Cycling	Beg/Int	Lori
10:00-10:50am	Studio Cycling	Beg/Int	Liz T.
6:00-6:50pm	Studio Cycling	Int	Eddie

## STUDIO CYCLING

Thursday	Class	Level	Inst.
6:00-6:50am	NEW! Studio Cycling	Beg/Int	Christel
9:15-10:15am	Cycle & Core	Beg/Int	Nicole
10:30-11:30am	NEW! Studio Cycling	Int/Adv	Mary Beth
12:00-12:50pm	Active Older Adults Let's Ride	Beg	David
5:15-5:45pm	Intro to Cycling	Intro	Jim

6:00-6:50pm	Studio Cycling	Int/Adv	Jim
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Friday	Class	Level	Inst.
5:45-6:35am	Studio Cycling	Beg/Int	Alicia
9:15-10:15am	Studio Cycling	Int/Adv	Liz W.
6:00-6:50pm	Studio Cycling	Beg/Int	Gordon

Saturday	Class	Level	Inst.
8:30-9:20am	Studio Cycling	Int	Erin H.
9:30-10:30am	Studio Cycling	Int/Adv	Alicia

Sunday	Class	Level	Inst.
1:00-2:00pm	Studio Cycling	Int/Adv	Rotating
4:00-5:00pm	Studio Cycling	Int/Adv	Bill

## DESCRIPTIONS

**Active Older Adults Let's Ride:** A workout designed for older adults focusing on heart health, legs and upper body.

**Beginning Cycling:** Just the right pace to challenge beginning cyclists.

**Cycle & Core:** Burn calories, tone up and increase fitness level with interval drills, hill climbs and speed training; ending the class with core exercises.

**Cycle & Sculpt:** Intervals of cycling and sculpting exercises using exercise bands, weights and balls.

**Intro to Cycling:** Learn the very basics while having fun!

**Studio Cycling:** Burn calories, tone up and increase your fitness level with interval drills, hill climbs, and speed training.

## DID YOU KNOW?

- Schedule is subject to change on short notice. Please check bulletin boards for updates.
- Please do not enter class more than 10 minutes late, or while the prior class is in session. This is for your safety and for the safety of other participants
- Be sure to bring water and a towel to all classes!
- Participants must be at least 14 years old to participate in Group Exercise classes that utilize barbells during class. Youth members ages 10-13 must be accompanied by a parent to class.



## INSTRUCTOR BIO'S

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**Jim Beers:** School teacher by day, cycling instructor by night. Jim has a B. S. Degree in outdoor education and fitness as well as education, teaching spin for over 5 years, YMCA Cycling Instructor, avid road and mountain bike racer for over 20 years. Creates a class designed to find your fitness limit and go to the next level.

**Melissa Bellew:** Member & Wellness Initiatives Director at the North Lexington Family YMCA, attorney, outdoor road racer, champion time trialist, & endurance specialist with over twenty-five years cycling and fitness experience. YMCA certifications in Group Exercise, Strength & Conditioning, LIVESTRONG at the Y, and a Star 3 certified Spinning instructor

**Christel Broady:** Christel and her family have been active members of the YMCA family for years. Christel received her first national fitness instructor certification (AFAA) in 1997 and recently added the YMCA certifications "Foundations" and "Group exercises". At Georgetown College, she teaches "HEALTHSEEKERS 101" for the campus wellness program besides being a professor of graduate education.

**Betsy Browning:** 8 years of experience and certified as YMCA Foundations of Strength & Conditioning, YMCA Foundations of Group Exercise, Mat Pilates Instructor, YMCA Cycling Instructor, Road cycling enthusiast

**Alicia Fedewa:** Mad Dog Athletics Spinning certified and enjoys the challenge that indoor cycling provides. NASM certified in personal training, AFAA certified in group exercise and kickboxing, Pilates and Yoga certifications and SilverSneakers. She loves running marathons and hopes to complete an Ironman someday. Alicia has been teaching for over 6 years.

**Gordon Garrett:** Avid cyclist and all around fitness devotee. Gordon has led spin classes at Beaumont for 10 years. Gordon's classes are noted for great music and variety.

Sign-in begins 30 minutes prior to the start of class at the Wellness Desk. Please sign in and get a wrist band. If you are new to cycling, please come to class early to learn how to set up your bike. Be sure to bring water and a towel!

## INSTRUCTOR BIO'S

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**Bill Gorton:** Bill is an avid roadie, riding over 2000 miles/yr. He is Chairman of the KY Bicycle and Bikeway Commission. In 2010 he rode portions of Tour d'France Alps stages shadowing the race.

**Erin Hawley:** YMCA Cycling Instructor and Johnny G Spinning Certified Instructor. Erin enjoys a good bike ride any day of the week.

**Mary Beth Magyar:** Enjoys both Road Riding and Mountain Biking

**David Marshall:** YMCA Foundations of Strength & Conditioning, Accomplished Runner, Cyclist, Triathlete and Collegiate Swimmer

**Heather McAtee:** Johnny G. Spinning certified since 1996. She teaches an aerobics style cycling class with upbeat tempo music. She also teaches 20-20-20 and Power Hour through Group Exercise.

**Nicole Merz:** Bachelors degree in Exercise Science and certifications through ACSM, AFAA and YMCA. Promises to give a safe, calorie busting workout by using fun, fast-paced music from past and present to lead you through an awesome cycling course.

**Emily Owens:** Masters in Public Health, Yoga 200 RYT\*, Johnny G Spinning, Zumba, and AFAA Group Fitness/Personal Trainer. Emily's class is challenging, yet modifiable with a variety of different styles of music to please everyone.

**Pam Rouse:** Certified Johnny G Spinning Instructor since 1997, ACE Certified Aerobic Instructor, AFAA Certified Personal Trainer, over 30 years in the fitness industry. Pam likes to do interval training and loves to incorporate strength training into her classes.

**Liz Trimble:** Liz was hooked on indoor Cycling four years ago after attending a YMCA training. YMCA Group Cycling Instructor and AFAA group exercise instructor. Enjoys making her classes interesting through fun music and drills.

**Lori Vaught:** Served as a volunteer cycling instructor for one year before becoming a staff member. YMCA certifications in Foundations of Strength and Conditioning, Group Fitness Instructor, Mat Pilates Instructor, Cycling Instructor. Lori is an avid runner and triathlete.

**Liz Wright:** Has been teaching for 12 years and is certified by Mad Dog Athletics, the original indoor cycling program. Liz is also an outdoor cyclist, and enjoys both road biking and mountain biking. All levels of riders are welcome to Liz's class!

# STUDIO CYCLING



Winter 2012  
Effective  
January 2

Beaumont Centre Family YMCA  
[www.ymcaofcentralky.org](http://www.ymcaofcentralky.org)