



# Maui Family YMCA Cardio Room Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM		5:45AM	5:45AM	5:45AM	
8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM
<u>Trim Dakine</u> 9:30 AM		<u>Trim Dakine</u> 9:30 AM			
5:15PM		<u>Climb &amp; Recovery</u> 5:15PM	<u>Beginning</u> 4:30-5PM	5:15PM	
		<u>Breathing &amp; Form</u> 6:15-7PM	5:15PM		

## CLASS REMINDERS

- Reservations are taken the day prior to class starting at 5:30am Monday-Friday, 7:00 am Saturday & 10:00 am Sunday.
- Please call to Cancel if you cannot make it up to 1 hour before class starts.
- There is a \$10 no show fee if you do not call to cancel.
- Please bring a Small towel & water.
- Cross trainer or bike shoes are recommended– shoes must be close toed.
- You must arrive 10 minutes prior to class to reserve your bike (if you are not present, your bike can be given to the first person on the wait list.)
- Please wipe down your bike and surrounding area when done riding.

**Spinning** will strengthen your cardiovascular system & improve muscular strength & endurance. Prepare to sweat! As you are led through a challenging workout by a motivating instructor with fun music!

**Trim Dakine** will help build up your endurance through work with our elliptical machine, strength training with dumbbells and medicine balls, and lastly core work on the mat and with our power tower.

**Beginning:** Interested in SPIN classes but don't know the basics? Come join your fellow beginners in this class where you will be taught how to set your bike up and how to keep proper form throughout the class.

**Climb & Recovery:** Riding focusing on proper pedal stroke and form while climbing. Ending with a proper cool down after your effort.

**Breathing & Form:** A less intense, but still powerful, ride where the focus is on proper form, breathing with deep inhalations and exhalations while finding the meditative head space that allows you to ride in your zone stronger & longer.



Updated: 3/31/19