

## CYCLE CLASSES With Ashley

Indoor cycling is a form of exercise with classes focusing on endurance, strength and intervals with recovery. A fun and exciting way to get fit!

> TUESDAYS & THURSDAYS 8:00AM-8:45AM & 4:30-5:15PM

Grants Pass Family YMCA 1000 Redwood Avenue 541-474-0001 www.grantspassymca.org