

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

SILVER **CYCLING**



What is it?

A cycling class personalized for the young at heart but open to all ages!

Indoor Cycling takes place on a specially designed stationary bicycle. The instructor guides you through a series of directions to vary your pace while pedaling to motivating music. This helps you to focus inwardly and work on your mind as well as your body. Cycling is an aerobic activity which strengthens the cardiovascular system and can reverse some of the physical effects of aging.

Classes begin in February (Cycling Room), Tuesdays and Thursdays at 10:15AM.

Please contact the Welcome Center with any questions.

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



DELAND FAMILY YMCA
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