



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

X-BIKE GROUP CYCLING CLASS

X-Bike is the new, innovative way to keep exercised and fit. Using the X-Bike is simply the best way to capture the outdoor spirit indoors. By using a unique articulated handlebar system with adjustable resistance and freewheel crank, the X-Bike allows you to get an awesome full body work out on an indoor bike.

Ages:

12 years and older

When:

Mondays	5:35 AM, 12:15 PM, 5:45 PM	Fridays	5:35 AM, 12:15 PM
Tuesdays	5:30 PM	Saturdays	9:00 AM
Wednesdays	12:15 PM, 5:30 PM		

Where:

X-Bike Studio 8 located on the Lower Level next to Racquetball Court #7

Member:

Free for YMCA Members

Program Participants:

10 Class Punch Card \$40.00

Additional Information:

This class is 30 minutes of intense exercise. Participants must be pre-fitted for the X-Bike prior to participating in the class. The first Saturday of each month will be a Beginners Class for those who are new to X-Biking. It is recommended to bring a full water bottle to class to hydrate your body. Per manufacturer, maximum weight capacity is 250 lbs.

ALAMANCE COUNTY COMMUNITY YMCA

1346 South Main Street, Burlington NC 27215

P 336 395 9622 F 336 229 4507 www.acymca.org

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

