




# MISSOULA FAMILY YMCA

## CYCLING CLASS SCHEDULE OVERVIEW

### October 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		<b>RPM</b> 5:30-6:15am Catie		<b>RPM</b> 5:30-6:15am Carrie		
	<b>Cycle</b> 9:30-10:15am Megan K		<b>Cycle</b> 9:30-10:15am Meighan		<b>RPM</b> 9:30-10:15am Rotation	<b>RPM</b> 8:15-9am Rotation
		<b>Cycle HIIT</b> NOON-12:30pm Keri		<b>Cycle HIIT</b> NOON-12:30pm Keri		
Afternoon/Evening Classes						
	<b>RPM</b> 5:15-6pm Kelsie		<b>RPM</b> 5:15-6pm Rotation		<b>Download our FREE Y app for the most up-to-date schedules!</b> 	
		<b>RPM</b> 5:30-6:15pm Kelsie				

**Cycle** - This 45-minute cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music.

**Cycle HIIT** - An intense 30-minute ride.

**Cycle & Core** - A 45-minute ride followed by 15 minutes of intense core work.

**RPM™** - The indoor cycling workout where you control the intensity. Ride to the rhythm of powerful music while your instructor leads you through climbs, flats, and sprints. You control resistance levels and speed to build your fitness level over time.

## RPM & CYCLING

**Hours:** Monday-Friday 5am-10pm; Saturday 7am-8pm; Sunday 8am-6pm  
(406) 721-YMCA(9622) [www.ymcamissoula.org](http://www.ymcamissoula.org)