




MISSOULA FAMILY YMCA

CYCLING CLASS SCHEDULE OVERVIEW

December 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
		RPM 5:30-6:15am Catie		RPM 5:30-6:15am Carrie		
	Cycle 9:30-10:15am Megan K		Cycle 9:30-10:15am Meighan		RPM 9:30-10:15am Rotation	RPM 8:15-9am Alyssa
		Cycle HIIT NOON-12:30pm Keri		Cycle HIIT NOON-12:30pm Keri		
Afternoon/Evening Classes						
	RPM 6:00-6:45pm Rotation				Download our FREE Y app for the most up-to-date schedules! 	
		RPM 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