



Meet Your Cycle Instructors!

We are excited to be offering you, our members, a new amped up cycling schedule to experience our new Matrix bikes! Some instructors will be offering classic spin classes, while others will be offering Matrix RIDE classes. Matrix Ride classes may utilize metrics such as Miles, RPMs, Watts to gauge the work in the class. Some exciting new features of our spin bikes allow us to as instructors to “coach by color” or incorporate “sprint 8” into our workouts for you! We can’t wait to see all your smiling faces in class soon!



Amanda

Classes: 12:15pm Wednesday express

Class Style: Matrix RIDE

Music Genre: Variety

Bio: I started taking fitness classes at the Y three years ago, and it has helped me to find confidence in myself and my fitness abilities. I’ve also enjoyed the friendships I’ve made over the years while taking classes. I want to share the things I love about working out with others and that’s why I decided to take the Matrix RIDE training and start teaching cycling classes.

Heather

Classes: 5:45pm Wednesday

Class Style: Matrix RIDE

Music Genre: Variety

Bio: I have been a YMCA employee for eight years and teaching fitness classes for four years. Even though this will be my first year teaching cycling, I have been indoor cycling for about three years. I love how much you are able to customize and push yourself during a cycling class, and having great music can help that challenge seem more attainable. I can’t wait to move, sweat and get that endorphine rush to fun music with you!



Jason

Classes: 5:30pm Monday, 5:45am Wednesday

Class Style: Classic Spin and Matrix RIDE

Music Genre: Variety, likes rider requests

Bio: I am in my 3rd year of teaching SPINNING after many years of simply being a participant. I came to the YMCA years ago desperate for a life change, as I was over 200 pounds. Slowly the Y became my daily routine. I love the YMCA community and have come to enjoy watching it grow over the years.

Mary

Classes: 4:45pm Wednesday express

Class Style: Classic Spinning

Music Genre: Eclectic Variety

Bio: I've been a spinning instructor since 2004 when my spin instructor encouraged me to become an instructor. I realized the good it did for me, it boosted my weight loss journey, so I decided I wanted to share that good with others. I moved to Sheboygan in 2005 and started teaching at the Sheboygan Y since. I ride outdoors Spring to Fall with a group of friends who love to ride as much as I do, getting outside sure does wonders for the body, mind and soul.



Michelle

Classes: 9:00am Thursday

Class Style: Matrix RIDE

Music Genre: Variety - christian, dance, hip-hop, oldies and rock

Bio: I've been a group fitness instructor, trained in many formats, for years before giving cycling a try. Once I "hopped in the saddle" I was hooked! I fell in love with the challenge of hills and sprints, seen as an increase in strength and stamina in my legs, enjoyed the comradery and especially liked that I could get lost in the music some days. When I love something I want to share it with others, and that's why I started teaching cycling.



Sara

Classes: 5:30pm Thursday

Class Styles: Classic Spinning

Music Genre: Eclectic Variety

Bio: I have been a certified spinning instructor for 16 years. I have an extensive competitive running background with a successful collegiate cross country and track career at UW-Stevens Point. I started cycling post collegiately in order to remain injury-free and become a more well rounded athlete. I begrudgingly added swimming in recent years, to make the transition to triathlons and have since added multiple Ironman finishes to my growing list of "really bad ideas". I will utilize all the 'tools'- heart rate, perceived exertion, power, training zones- to create tangible challenges to sink our teeth into.



Tony

Classes: 5:45am Monday

Class Styles: Classic Spinning

Music Genre: Variety - Favorites are dance, pop, rock & 80's - likes rider requests

Bio: I began teaching at the YMCA in 2002 teaching Step and Kick Boxing. In 2006 I was certified in the Johnny G Spin program and have been teaching weekday early bird spinning ever since. I love doing theme rides in my classes and keep riders guessing what the music will be.

