

**EAST AREA FAMILY YMCA
Group Indoor CYCLE Classes
November 4th-January 5th**

| MONDAY | CLASS | INSTRUCTOR | LOCATION |
|-------------|-----------------------|--------------|--------------|
| 5:45-6:30am | Cycle | Paula W. | Cycle Studio |
| 8:30-9:15am | Cycle | Rachele W. | Cycle Studio |
| 5:30-6:30pm | Cycle (1 Hour class!) | Christine W. | Cycle Studio |

TUESDAY

| | | | |
|-------------|-------|------------|--------------|
| 5:45-6:30am | Cycle | Jessica B. | Cycle Studio |
| 9:00-9:45am | Cycle | Heather S. | Cycle Studio |
| 4:30-5:15pm | Cycle | Mia D. | Cycle Studio |
| 5:45-6:30pm | Cycle | Angela G. | Cycle Studio |

WEDNESDAY

| | | | |
|-------------|-------|--------------|--------------|
| 5:45-6:30am | Cycle | Christine W. | Cycle Studio |
| 9:00-9:45am | Cycle | Jessica K. | Cycle Studio |
| 5:30-6:15pm | Cycle | Briana P. | Cycle Studio |

THURSDAY

| | | | |
|-------------|-------|------------|--------------|
| 5:45-6:15am | Cycle | Ron K. | Cycle Studio |
| 9:00-9:45am | Cycle | Heather S. | Cycle Studio |
| 4:30-5:15pm | Cycle | Jamie P. | Cycle Studio |
| 5:30-6:15pm | Cycle | Darcy D. | Cycle Studio |

FRIDAY

| | | | |
|---------------|--------------------------------------|---------------------|--------------|
| 9:00-9:45am | Cycle | Heather S. | Cycle Studio |
| NEW!!! | 1 HOUR class! 11/29 and 12/27 | 9:00-10:00am | |

SATURDAY

| | | | |
|--------|-------|----------|--------------|
| 7:30am | Cycle | Ron K. | Cycle Studio |
| 9:00am | Cycle | Sandy L. | Cycle Studio |

SUNDAY

| | | | |
|--------|-------|-----------|--------------|
| 9:00am | Cycle | Angela G. | Cycle Studio |
|--------|-------|-----------|--------------|

All participants must be at least 8 years old (minimum height of 4' 09").

PLEASE No GLASS Containers. Only WATER permitted in the Cycle Studio.