

EAST AREA FAMILY YMCA
Group Indoor CYCLE Classes
January 6th—March 2nd

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			
9:00-10:00am	Cycle (1 HOUR)!!!	Heather S.	Cycle Studio
SATURDAY			
7:30-8:30am	Cycle (1 HOUR)!!!	Ron K.	Cycle Studio
9:00-9:45am	Cycle	Sandy L.	Cycle Studio
SUNDAY			
9:00-9:45am	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.