



GROUP INDOOR CYCLE CLASS SCHEDULE

March 3rd, 2025 – May 4th, 2025
Hal Welsh East Area Family YMCA

SPRING 1 – 2025

DAY & TIME	INSTRUCTOR
MONDAY	
5:45am–6:30am	Paula W.
8:30am–9:15am	Rachele W.
9:30am–10:15am <i>NEW!</i>	Jessica K.
5:30pm–6:30pm 	Christine W.
TUESDAY	
5:45am–6:30am	Jessica B.
9:00am–9:45am	Heather S.
4:30pm–5:15pm	Mia D.
5:45pm–6:30pm	Angela G.
WEDNESDAY	
5:45am–6:30am	Christine W.
9:00am–9:45am	Jessica K.
5:30pm–6:15pm	Briana P.
THURSDAY	
5:45am–6:30am	Ron K.
9:00am–9:45am	Heather S.
5:30pm–6:15pm	Darcy D.
FRIDAY	
9:00am–10:00am 	Heather S.
SATURDAY	
7:30am–8:30am 	Ron K.
9:00am–9:45am	Sandy L.
SUNDAY	
9:00am–9:45am	Angela G.

All participants 8 years old and up with a minimum height of 4'9" are welcome!

Glass containers are prohibited in the Cycle Studio. Water only is permitted.