



East Area Family YMCA Cycle Studio Schedule June 28th—September 12th, 2010



Schedule Subject to Change.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	Cycle 5:45-6:30 Ron	Cycle 5:45-6:30 Dennis	Cycle 5:45-6:45 Debbie	Cycle 5:45-6:30 Dennis	Cycle 5:45-6:30 Karen B.		
8:00am						Cycle 8:00-8:45 Ron	
8:30am	Cycle 8:30-9:15 Peg	Cycle 8:30-9:15 Hannah	Cycle 8:30-9:15 Monika	Cycle 8:30-9:15 Monika	Cycle 8:30-9:15 Monika		Cycle 8:15-9:00 Ron
9:00am						Advanced Cycle 9:00 - 10:15 Chin	
9:30am	Cycle 9:30 - 10:15 Peg	Cycle & Strength 9:30 - 10:45 Dianne	Cycle 9:30 - 10:15 Hannah	Cycle & Strength 9:30 - 10:45 Dianne	Cycle 9:30 - 10:15 Stacy		
10:30							
3:45pm							
4:30pm	Cycle 4:30-5:15 Karen B.	Cycle 4:30-5:15 Karen B.	Cycle 4:30-5:15 Tim				
5:30pm	Cycle 5:30 - 6:15 Maria	Cycle 5:30-6:15 Bridget	Cycle 5:30-6:15 Bridget	Cycle 5:30-6:15 Melissa			
6:30pm	Cycle 6:30 - 7:15 Dennis	Cycle 6:30-7:15 Kristie	Cycle 6:30 - 7:15 Dennis	Cycle 6:30-7:15 Brian			
7:30pm	8-Week Ride Dennis Session I *Registration required*		8-Week Ride Dennis Session I *Registration required*				

Attention New Riders:
Please arrive 5-10 minutes early
for proper cycle set-up.

- All Cycle classes are 45 minutes unless otherwise specified.
- You must sign up for a Cycle class at the Member Service Desk 30 minutes prior to class.
- All riders must be at least 4'11" in height and at least 8 years of age.

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.