



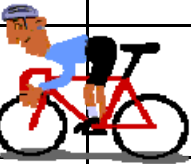


GROUP CYCLING SCHEDULE
7/1/09 - 7/31/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 AM ALL TERRAIN Laurie	5:45 AM POWER DRIVEN Al	5:45 AM ALL TERRAIN Laurie	5:45 AM ALL TERRAIN Laurie	8:00 AM POWER DRIVEN Al	
	12:00 PM ALL TERRAIN Mary Jo	12:00 PM ALL TERRAIN Mary Jo	12:00 PM INTERVAL Mary Jo			
5:30 PM ALL TERRAIN Katie	6:00 PM POWER DRIVEN Katie J.					
		6:30 PM POWER DRIVEN Sam				

All class descriptions on reverse side.

All of our instructors hold certifications from the most reputable organizations. AFAA, ACE, ACSM and NETA
The YMCA takes pride in hiring qualified individuals who, with specific training, will understand the importance of and exhibit the YMCA principles:

Caring, Honesty, Respect and Responsibility

INDOOR GROUP CYCLING IS FREE TO ALL FACILITY MEMBERS!!!

Spin X
Spin X

PILATES

Gentle Stretch

Spin X Land Fitness



**TRAINING
WHEELS**

6:30 PM
Toni
**Total Body
Conditioning I**

CYCLING & SCULPT

