

Y GROUP CYCLING

Greenbrier Family YMCA
1033 Greenbrier Parkway
Chesapeake, VA 23320
757-547-9622

Winter 2010 CYCLING

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Multi Level Cycling 6:00-6:45AM		Multi Level Cycling 6:00-6:45AM		Multi Level Cycling 6:00-6:45AM		
AM						Multi Level Cycling 8:30-9:30AM	
	Multi Level Cycling 8:45-9:30AM	Multi Level Cycling 8:45-9:30AM	Multi Level Cycling 8:45-9:30AM	Multi Level Cycling 8:45-9:30AM	Multi Level Cycling 8:45-9:30AM		
		Multi Level Cycling 9:45-10:30AM				Starter Cycling 9:45-10:15AM	
							Multi Level Cycling 11:15-12:00PM
Lunch							
	Multi Level Cycling 12:10-12:55PM		Multi Level Cycling 12:10-12:55PM		Multi Level Cycling 12:10-12:55PM		
PM	Multi Level Cycling 5:00-5:45PM		Multi Level Cycling 4:30-5:15PM				
	Multi Level Cycling 6:00-6:45PM	Multi Level Cycling 6:00-6:45PM	Multi Level Cycling 6:00-6:45PM	Multi Level Cycling 6:00-6:45PM	Multi Level Cycling & Strength 6:00-7:15PM		*Please bring a towel and water bottle!
			Starter Cycling 7:00-7:30PM				

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than **five minutes late**, please refrain from entering the exercise room. The fitness room has diverse cardio equipment available during all operational hours of the facility.

