



GROUP EXERCISE

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

JANUARY 2012 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 |
|--|---|---|---|---|---|--|
| Early AM | Multi Level Cycling 6:00-6:45AM | | Multi Level Cycling 6:00-6:45AM | | Multi Level Cycling 6:00-6:45AM | |
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| AM | | | | | | Level 2 Cycling 8:30-9:30AM |
| | Multi Level Cycling 8:45-9:30AM | Multi Level Cycling 8:45-9:30AM | Multi Level Cycling 8:45-9:35AM | Multi Level Cycling 8:45-9:30AM | Multi Level Cycling 8:45-9:30AM | Starter Cycle 9:45-10:15am |
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| Lunch | | | | | | Sunday |
| | Multi Level Cycling 12:10-12:55PM | | Multi Level Cycling 12:10-12:55PM | | Multi Level Cycling 12:10-12:55PM | Level 2 Cycling 11:15-12:15PM |
| | | | | | | |
| PM | | | | | | |
| | Level 2 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 | | |
| | | | | | | *Please bring a towel and water bottle! |
| 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. | | | | | | ACTIVATE AMERICA |