

# YGROUP 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
<b>Early AM</b>	Multi-level <b>Cycling</b> 6:00am-7:00am			Multi-level <b>Cycle &amp; Strength</b> 6:00am-7:00am			
<b>AM</b>						Starter ☺ <b>Cycling</b> 9:00am-9:30am	
	Starter ☺ <b>Cycling</b> 9:30am-10:00am	Multi-level <b>Cycling</b> 9:30am-10:15am	Multi-level <b>Cycling</b> 9:30 am– 10:30 am	Multi-level <b>Cycling</b> 9:30am-10:15am	Multi-level <b>Cycling</b> 9:30am-10:15am	Multi-level <b>Cycling</b> 9:45am-10:30am	
<b>PM</b>							Starter ☺ <b>Cycling</b> 2:00pm-2:30pm
							Level I <b>Cycling</b> 2:35pm-3:15pm
	Starter ☺ <b>Cycling</b> 5:30pm-6:00pm	Starter ☺ <b>Cycling</b> 5:30pm-6:00pm	Starter ☺ <b>Cycling</b> 5:30pm-6:00pm	Starter ☺ <b>Cycling</b> 5:30pm-6:00pm			
	Multi-level <b>Cycling</b> 6:30pm-7:30pm	Multi-level <b>Cycling</b> 6:30pm-7:30pm	Multi-level <b>Cycling</b> 6:30pm-7:30pm		Multi-level <b>Cycle &amp; Strength</b> 5:30pm-6:30pm		
						Classes that consistently have fewer than 4 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. We want to make sure to answer any questions that you may have. Please feel free to consult the member services desk anytime if you need more information on our classes.



☺ = 30-minute class