

# YGROUP CYCLING

Blocker Norfolk Family YMCA  
312 West Bute Street  
Norfolk, Virginia 23510  
(757) 622-9622

Spring 2010

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>	Cycling Multi-Level 6:00 - 6:45am #501		Cycling Multi-Level 6:00 - 6:45am #501		Cycling Multi-Level 6:00 - 6:45am #501	Cycling Multi-Level 8:00 - 8:45am #501	Cycling Multi-Level 10:15-11:15am #501
<b>AM</b>	Cycling Multi-Level 9:00 - 10:00am #501		Cycling Multi-Level 9:00 - 10:00am #501		Cycling Multi-Level 9:00 - 10:00am #501	Cycling Multi-Level 9:00 - 10:00am #501	
						* Cycling Starter 10:15-11:00am #501	
<b>Lunch</b>	Cycling Multi-Level 12:15 - 1:15pm #501		Cycling Multi-Level 12:15 - 1:15pm #501		Cycling Multi-Level 12:15 - 1:15pm #501		
<b>PM</b>	Cycling Multi-Level 4:30 - 5:15pm #501	Cycling Multi-Level 4:30 - 5:15pm #501		Cycling Multi-Level 4:30 - 5:15pm #501			
	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501	Cycling Multi-Level 5:30 - 6:30pm #501		Cycling Multi-Level 5:00 - 6:00pm #501
	Cycling Multi-Level 6:45 - 7:45pm #501		Cycling Multi-Level 6:45 - 7:45pm #501			Classes that consistently have fewer than 8 participants are subject to cancellation.	

\* Starter class is required for proper seat setup and basic cycling techniques.

# YWATER EXERCISE™

Spring 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early AM</b>		Water Blast Multi-Level 6:00 - 7:00am Pool		Water Blast Multi-Level 6:00 - 7:00am Pool			
<b>AM</b>	Water Fitness Level I 8:00 - 9:00am Pool	Water Fitness Multi-Level 8:00 - 9:00am Pool	Water Fitness Level I 8:00 - 9:00am Pool	Water Fitness Multi-Level 8:00 - 9:00am Pool	Water Fitness Level I 8:00 - 9:00am Pool	Instructor Choice Multi-Level 9:00 - 10:00am Pool	
<b>PM</b>	Water Blast Multi-Level 6:30 - 7:30pm Pool	20/20/20 Multi-Level 6:30 - 7:30pm Pool	Water Blast Multi-Level 6:30 - 7:30pm Pool	20/20/20 Multi-Level 6:30 - 7:30pm Pool		Classes that consistently have fewer than 8 participants are subject to cancellation.	