


Y GROUP CYCLING

Outer Banks Family YMCA January 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
Early AM			Cycle Level I 6:00-7:00 Mandy		Cycle Level I 6:00-7:00 Mandy
		Cycle-Silver Riders Level I 7:45-8:45 Jack	Cycle Level II 8:30-9:30 Kerry	Cycle-Silver Riders Level I 7:45-8:45 Jack	
AM		Cycle Level II 9:15-10:15 Kim			Cycling Level II 8:30-9:45 Kerry
				Cycle and Strength Level II 9:00-9:55 Kim	
PM	Cycle Starter Class 7:00-7:30 Moriah	Cycle Level I 12:00-1:00 Mike	Cycle Starter Class 5:30-6:00 Moriah	Cycle Level I 12-1 Mike	
	Cycle Level II 7:30-8:00 Moriah	Cycle Level II 5:15-6:15 Valerie	Cycle Level II 6:00-6:30 Moriah	Cycling Level II 5:15-6:15 Valerie	

All cycle classes are in Room A.
All group exercise classes are on a separate schedule.