

**East Area Family YMCA
Group Indoor CYCLE Classes
January 2nd-March 3rd**

MONDAY	CLASS	INSTRUCTOR	LOCATION
8:30am	Cycle	Rachele W.	Cycle Studio
5:30pm	Cycle	Christine W.	Cycle Studio
TUESDAY			
5:45am	Cycle	Jessica B./Ron K.	Cycle Studio
9:00am	Cycle	Heather S.	Cycle Studio
4:30pm	Cycle	Mia D.	Cycle Studio
WEDNESDAY			
5:45am	Cycle	Christine W.	Cycle Studio
9:00am New Time!!	Cycle	Heather S.	Cycle Studio
4:30pm	Cycle	Mia D.	Cycle Studio
THURSDAY			
5:45am	Cycle	Jessica B./Ron K.	Cycle Studio
9:00am	Cycle	Monika M.	Cycle Studio
5:30pm	Cycle	Darcy D.	Cycle Studio
FRIDAY			
9:00am	Cycle	Heather S.	Cycle Studio
SATURDAY			
7:30am	Cycle	Instructor Rotation (check Motion Vibe)	Cycle Studio
9:00am	Cycle	Sandy L.	Cycle Studio
SUNDAY			
9:00am	Cycle	Angela G.	Cycle Studio

All participants must be at least 8 years old (minimum height of 4' 09").

All classes are 45 minutes. Classes are for all levels.