



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# CARING FOR YOUR HEART

## Cycling • Fall 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 am Ann	5:15-6:15 am Group Ride® Stephanie		5:15-6:15 am Group Ride® Stephanie	5:20-6:15 am Cindy	6:15-7:15 am Instructor varies (see board)
	7:30-8:00 am Kari		7:30-8:15 am Gina		
9:00-9:45 am Amy		9:00-10:00 am Group Ride® Stephanie		9:00-9:45 am Amy / Carrie	
			12:05-12:50 Candy		
5:15-5:45 pm R30® Melissa					
	6:00-7:00 pm Cycle. Eat. Carrie	6:00-7:00 pm Group Ride® Melissa	6:00-6:45 pm Becky		Updated 9/4/18

Minimum of 6 participants in each class on a regular basis to continue the class

- Cycling Room doors will open 15 minutes prior to the start of class
- Bikes available on a first come - first serve basis



• Water bottle highly recommended!

# Total Body Experience