



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# KEEP CALM AND CYCLE

## Summer 2017

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® Shane	5:20-6:15 am Cindy	6:15-7:00 am Instructor Varies
	7:30-8:00 am Express Cycling Craig		7:30-8:15 am Gina		
9:00-9:45 am Amy		9:00-10:00 am Group Ride® Stephanie			
	12:05-12:50 pm Candy		12:05-12:50 Candy		
5:15-5:45 pm R30® Melissa					
		5:45-6:45 pm Group Ride® Melissa			Updated 7/13/17

### Minimum of 6 participants for best energy to continually offer class

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

• Water bottle highly recommended!

**Total Body Experience**