



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# CARING FOR YOUR HEART

## Cycling • Fall 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® Stephanie	5:20-6:15 am Cindy	6:15-7:15 am Instructor varies (see board)
	7:30-8:00 am Express Cycling Craig		7:30-8:15 am Gina		7:15-8:15 am First Sat of Mth (Nov. 4 & Dec. 2)
9:00-9:45 am Amy		9:00-10:00 am Group Ride® Stephanie		9:00-9:45 am Amy / Laura	
	12:05-12:50 Candy		12:05-12:50 Candy		
5:15-5:45 pm R30® Melissa	4:15-5:00 pm Cycle. Eat. Carrie		4:15-5:00 pm Happy Hour Cycling Mary / Laura		
		5:45-6:45 pm Group Ride® Melissa	6:00-6:45 pm Becky		Updated 11/6/17

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