



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



COME IN FROM THE COLD

Cycling • Winter 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® Shane	5:20-6:15 am Cindy	6:15-7:15 am <i>See board</i>
	7:30-8:00 am Express Cycling Craig		7:30-8:15 am Gina		7:15-8:15 am <i>(1st Sat of Month)</i>
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					
	6:00-7:00 pm Cycle. Eat. Carrie	6:00-7:00 pm Group Ride® Melissa	6:15-7:00 pm Becky		Updated 12/20/17

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