



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



SPRING Indoor Cycling 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 am Ann	5:15-6:15 am Group Ride® Shane		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 Rachel		7:30-8:15 am Gina		
9:00-9:45 am Amy		9:00-9:45 am Sara		9:00-9:45 am Amy / Sara	
	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 4/2/19

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