



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & FITNESS CYCLING

RIVERFRONT YMCA APRIL 2012

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Cycling 5:45 – 6:30 AM Jermial	Cycling 6:00-6:45 AM Janaan	Cycling 5:45-6:45 AM Tony		Cycling 6:00-6:45 AM Tony	
					Cycling 8:30 – 9:30 AM Tomoko
Cycling 12:10-12:55 PM Emily	Dualathon 12:10 – 12:55 PM Kathy/Marie	Cycling 12:10-12:55 PM Terry	Cycling 12:10 – 12:55 PM JIM R	Cycling 12:10-12:55 PM Jason/Marc	
Cycling 4:45-5:45 PM Tomoko					

Riverfront YMCA

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