



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE

South Suburban YMCA – May 7th–June 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45-9:30am <i>Cindy</i>	5:15-5:50am <i>Michelle</i> 8:45-9:30am <i>Staci</i>		5:15-5:50am <i>Michelle</i> 8:45-9:30am <i>Lauri</i>		8:45-9:30am <i>Lauri/Kathe/ Diane</i>
5:35-6:20pm <i>Diane</i>	5:35-6:20pm <i>Tim</i>		5:35-6:20pm <i>Tim/Michelle</i>		

Group Cycling is a fun, energetic class that puts you in control of your own workout. Your instructor will take you on rides through hills, flat roads, and maybe a race or two, all while you control your own intensity and speed.

Group exercise classes are free with membership unless otherwise noted.

Ages 8-13 are allowed to participate in group exercise class with direct supervision. Age 7 and under must be in Child Watch.

SOUTH SUBURBAN YMCA
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