



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP CYCLING-WALNUT CREEK FAMILY YMCA

EFFECTIVE MAY 7TH 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Group Cycle 5:10 – 5:55 am Amy		Group Cycle 5:10 – 5:55 am Christine	Group Cycle 5:10 – 5:55 am Heather		
Group Cycle 6:00-6:50 am Kim	Group Cycle 6:00-6:50 am Andy	Group Cycle 6:00-6:50 am Sue	Group Cycle 6:10 – 6:50 am Sue	Group Cycle 6:10 –6:50 am Andy	Group Cycle 7:30-8:30 am Christine	
Group Cycle 9:20-10:05 am Penny		Group Cycle 9:20-10:05 am Herb		Group Cycle 9:20-10:05 am Jennifer	Group Cycle 9:10-10:10 am Jan	
Group Cycle 12:15-12:55 pm Jason	Group Cycle 12:15-12:55 pm Rachel	Group Cycle 12:15-12:55 pm Carolyn/Lisa	Group Cycle 12:10-12:55 pm Casey	Group Cycle 12:10-12:55 pm Dave		
Group Cycle 5:30-6:25 pm Amy	Group Cycle 5:45-6:30 pm Jessica	Group Cycle 5:30-6:25 pm Robin				Group Cycle 3:45 – 4:45 pm Caleb/Susie

Class and Program Descriptions:

CYCLING: Get ready to sweat! This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. Bike shorts and a water bottle are highly recommended. New participants should arrive 10 minutes early to get properly fitted on the bike.