

HEALTHY LIVING - APRIL

CYCLING CLASS SCHEDULE

Cycling Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRING 2015							
Schedule begins Wednesday, April 1, 2015	5:45-6:45a Y-Cycle Tom	6:00-7:00am Y-Cycle John	5:45-6:45a Y-Cycle Tom	6:00-7:00a Y-Cycle John M	6:00-7:00a Y-Cycle Christen		
Child Watch Hours: Monday 8-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 8-12,4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12noon Sunday - closed		7:15-8:15 Y-Cycle Keith	7:00-8:00a Y-Cycle Justin	7:15-8:15 Y-Cycle Keith		7:30-8:30a Y-Cycle John M	
						8:45-9:15a Y-Cycle Keith	
	9:30-10:30 Y-Cycle Deb	9:30-10:30 Y-Cycle Charlene	9:30-10:30 Y-Cycle Deb	9:30-10:30 Y-Cycle Charlene	9:30-10:30am Bootcamp/ Y-Cycle Deb		12:15-1:15 Y-Cycle Keith
	5:30-6:30pm Y-Cycle Justin		5:30-6:30p Y-Cycle Keith	5:45-6:30p Y-Cycle/Yoga Jessica			

****Spin/Yoga hybrid class - Thursday 5:45-6:30 pm Spin followed by 45 minutes of gentle flow yoga in the Cape Cod Room**