



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: January

CYCLING CLASS SCHEDULE

Cycling Schedule January 2020

Child Watch Hours:
Monday 9-12, 4-7:30p
Tuesday 9-12, 4-7:30
Wednesday 9-12, 4-7:30
Thursday 9-12, 4-7:30
Friday 9-12, 4-7:30
Saturday 9-12 noon
Sunday - closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45a Y-Cycle Janet	5:45-6:45a Y-Cycle John	5:45-6:45a Y-Cycle Janet	5:45-6:45a Y-Cycle John	5:45-6:45p Y-Cycle Janet		
7:00-8:00a Y-Cycle Tom	7:00-8:00a Y-Cycle Keith	7:00-8:00a Y-Cycle Tom	7:00-8:00a Y-Cycle Keith	7:00-8:00a Y-Cycle Tom	7:15-8:15a Y-Cycle John	
	9:30-10:30a Y-Cycle Lisa		9:30-10:30a Y-Cycle Lisa	5:30-6:30p Y-Cycle Keith	9:00a-10:00a Y-Cycle Lisa	
				9:30-10:00a Express Y-Cycle Lisa		

Unable to make it to a spinning class? We have several automated spinning bikes on the fitness floor, featuring pre-programed routines and classes. Give it a try!