

EAST AREA FAMILY YMCA CYCLE SCHEDULE January 2nd – March 31st

Monday	Class	Instructor	Level
5:45am-6:30am	Cycle	Karen B.	Beginner-Advanced
8:30am-9:15am	Cycle	Monika M.	Beginner-Advanced
9:30am-10:15am	Cycle	Rachele W.	Beginner-Advanced
5:00pm-5:45pm	Cycle	Stacey R.	Beginner-Advanced
6:00pm-6:45pm	Cycle	Maria R.	Beginner-Advanced
Tuesday	Class	Instructor	Level
5:45am-6:30am	Cycle	Angela G.	Beginner-Advanced
8:30am-9:15am	Cycle	Jennifer R.	Beginner-Advanced
9:30am-10:15am	Rhythm Cycle	Jamie P	Beginner-Advanced
10:30am-11:00am	**Cycle 101	Mary Beth A.	Beginner
4:30pm-5:15pm	Cycle	Lee P.	Beginner-Advanced
6:00pm-7:00pm	Cycle 60 NEW!	Emily Z.	Beginner-Advanced
Wednesday	Class	Instructor	Level
5:45am-6:30am	Cycle	Karen B.	Beginner-Advanced
8:30am-9:15am	Cycle	Monika M.	Beginner-Advanced
9:30am-10:15am	Cycle	Bridget K.	Beginner-Advanced
4:30pm-5:00pm	**Cycle 101	Sandy L.	Beginner
5:30pm-6:15pm	Cycle	Sandy L.	Beginner-Advanced
Thursday	Class	Instructor	Level
5:45am-6:30am	Cycle	Ron K.	Beginner-Advanced
8:30am-9:15am	Cycle	Bill G.	Beginner-Advanced
10:30am-11:00am	**Cycle 101	Mary Beth A.	Beginner
4:30pm-5:15pm	Cycle	Lee P.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Angela G.	Beginner-Advanced
6:30pm-8:00pm	Gear Up For Tri NEW!	Brian H.	Beginner-Advanced
Friday	Class	Instructor	Level
5:45am-6:30am	Cycle	Chantal C.	Beginner-Advanced
8:30am-9:15am	Cycle	Sandy L.	Beginner-Advanced
9:30am-10:30am	Cycle 60	Christine W.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Darcy D.	Beginner-Advanced
Saturday	Class	Instructor	Level
7:00am-7:45am	Cycle	Amy S.	Beginner-Advanced
8:00am-8:45am	Cycle	Ron K.	Beginner-Advanced
9:00am-10:15am	Advanced Cycle	Chin O.	Intermediate-Advanced
10:30am-11:15am	Cycle	Christine W.	Beginner-Advanced
Sunday	Class	Instructor	Level
8:30am-9:15am	Cycle	Heidi	Beginner-Advanced
9:30am-10:15am	Cycle	Angela	Beginner-Advanced

All participants must be 8 years of age or older and must be 4'09" or taller for cycle classes

**Cycle 101 is a 6 week program intended for new riders. This is a 30 minute ride which will teach proper set up and technique. It will ease you into group indoor cycling. The class will run Jan 8th-Feb 14th. The next schedule will run Feb 26th-April 4th. Please register for this free program at the member services desk.