



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January Cycling Schedule

Greenbush YMCA

Cycling Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Group Cycling 05:15-07:00am Jen		Group Cycling 05:15-06:00am Erika	Group Cycling 05:15-06:00am Erika	
	Group Cycling 06:00-07:00am Erika		Group Cycling 06:00-07:00am Jen			
						Group Cycling 07:15-08:00am Tina
Group Cycling 08:30-09:30am Karen	30 Minute Cycling 08:45-09:15am Julia	30 Minute Cycling 08:45-09:15am Blythe	30 Minute Cycling 08:45-09:15am Julia	30 Minute Cycling 08:45-09:15am Mary	30 Minute Cycling 08:45-09:15am Blythe	Group Cycling 08:15-09:15am Erika
	Group Cycling 09:30-10:15am Diana	Group Cycling 09:30-10:15am Barb	Group Cycling 09:30-10:15am Heather	Group Cycling 09:30-10:15am Mary	Group Cycling 09:15-10:00am Heather	Group Cycling 09:30-10:30am Jen
Group Cycling 10:00-11:00am Connie				Beginner Cycling 10:30-11:15am Barb		
	Group Cycling 05:00-05:45pm Tina	Group Cycling 05:00-05:45pm Melissa	Group Cycling 05:00-05:45pm Claudia	Group Cycling 05:00-05:45pm Tina	Group Cycling 05:00-05:45pm Claudia	
	Group Cycling 06:00-06:45pm Connie	Beginner Cycling 06:00-06:45pm Amy/Karen	Group Cycling 06:00-06:45pm Karen	Group Cycling 06:00-06:45pm Heather		

Through February 29: Subject to change