



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## December Cycling Schedule

Guiderland YMCA

<b>Cycling Room</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>Cycling</b> 05:15-06:15am Kathy	<b>Cycling</b> 05:15-06:15am Kathy		<b>Cycling</b> 05:15-06:15am Kathy	
			<b>Cycling</b> 06:30-07:15am Judy		<b>Cycling</b> 06:30-07:15am Dave/Chuck	
						<b>Cycling</b> 07:15-08:00am Jami
	<b>Cycling</b> 08:30-09:15am Chuck	<b>Cycling</b> 08:30-09:15am Anne	<b>Tabata Cycling</b> 08:30-09:15am Christine		<b>Cycling</b> 08:30-09:15am TC	
<b>Cycling</b> 09:00-10:00am Jessica/Kelley	<b>Cycling</b> 09:30-10:30am Christine	<b>Cycling</b> 09:30-10:15am Anne	<b>Cycling</b> 09:30-10:30am Nina	<b>Cycling</b> 09:30-10:30am Chuck	<b>Cycling</b> 09:30-10:30am Dave/Nina	
<b>Cycling</b> 10:05-11:15am Shannon						
	<b>Cycling</b> 04:30-05:15pm TC					
			<b>Cycling</b> 05:15-06:00pm Shannon	<b>Cycling</b> 05:30-06:15pm Denise		
	<b>Cycling</b> 06:15-07:15pm Pennee	<b>Cycling</b> 06:00-07:00pm Mike/Adam		<b>Cycling</b> 06:30-07:30pm Adam		

**December 18-24:** Subject to change without notice.