

EAST AREA FAMILY YMCA CYCLE SCHEDULE February 26th – April 22nd

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
6:00-6:45pm	Cycle	Maria R.	Beginner-Advanced
Tuesday	Class	Instructor	Level
5:45am-6:30am	Cycle	Angela	Beginner-Advanced
6:45am-7:30am NEW!	Cycle	Karen B.	
8:30am-9:15am	Cycle	Joy B.	Beginner-Advanced
9:30am-10:15am	Rhythm Cycle	Jamie P.	Beginner-Advanced
4:30pm-5:15pm	Cycle	Lee P.	Beginner-Advanced
5:30pm-6:15pm	Cycle	Amy R./Rachele W.	Beginner-Advanced
6:30pm-7:15pm	Cycle	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	Cindy V.	Beginner-Advanced
6:00pm -6:45pm	Cycle	Caryle Z./Mary M.	Beginner-Advanced
Thursday	Class	Instructor	Level
5:45am-6:15am	Cycle	Ron K.	Beginner-Advanced
8:30am-9:15am	Cycle	Amy S.	Beginner-Advanced
9:30am-10:15am NEW!	Rhythm Cycle	Jamie P.	Beginner-Advanced
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	Brian H.	Beginner-Advanced
Friday	Class	Instructor	Level
5:45am-6:30am	Cycle	Chantal C.	Beginner-Advanced
8:30am-9:15am	Cycle	Jamie P.	Beginner-Advanced
9:30am-10:30am	Cycle 60	Christine W.	Intermediate-Advanced
5:30pm-6:15pm	Cycle	Darcy D.	Beginner-Advanced
Saturday	Class	Instructor	Level
6:15am-7:45am NEW!	Gear Up For Tri	Brian H.	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 M.	Beginner-Advanced
9:30am-10:15am	Cycle	Angela/Amy S.	Beginner-Advanced

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

