

EAST AREA FAMILY YMCA CYCLE SCHEDULE January 1st – February 25th

| 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 |
| 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. | 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 | Cycle | Karen B. | 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 |
| 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 |
| 11:30am-1:30pm | Gear Up For Tri | Brian H. | Beginner-Advanced |
| Sunday | Class | Instructor | Level |
| 8:30am-9:15am | Cycle | Heidi M. | 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**

