



Jan. 1st – Feb.26th

North Area Family YMCA

Group Cycle Schedule

Time	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Cycle 6:00-6:45 Jeff	Cycle 5:45am George	Cycle 6:00-6:45 Mickey	Cycle 5:45am Erika	Cycle 6:00-6:45 Scott		
7:45am						Cycle 7:45-8:30 George	NEW
9:30am	Cycle 9:30 - 10:30 Debbie		Cycle 9:30-10:30 Erika	Spin & Sculpt 9:30-10:30 Kathleen	Cycle 9:30 - 10:30 Laura	Cycle 9:30 - 10:15 Patty Race Day 1st & 3rd Sat. of each month <i>90 min. Ride</i>	Cycle 9:30 - 10:30 Various *Starts 11/13
10:30am							
6:00			NEW	Cycle 6:00-7:00 Lindsay	<p>Attention New Riders: Please arrive 5-10 minutes early for cycle set up Water Required!!!</p>		
6:30pm	Cycle 6:30 - 7:15 Alan	Endurance Cycle 6:30 - 7:30 Patty	Cycle 6:30 - 7:30 George				



- Hand weights are not permitted during the cardio section of any class.
- Appropriate exercise attire must be worn.
- Reserving places is NOT permitted.
- Water must be in enclosed, unbreakable container. Food is not permitted.
- In consideration of other members, no cell phones in the studios.
- Members may not use stereo equipment.
- We recommend the use of a towel.
- Please remember personal hygiene and refrain from wearing perfume or cologne.
- We request that all equipment be returned to the proper storage area.
- Please be considerate of your fellow participants and kindly remove your outdoor footwear before entering the studios.