



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## East Area Family YMCA Group Fitness Schedules January 2nd-June 24th, 2012

# CYCLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45am</b>	<b>Cycle</b> 5:45-6:30 Ron	<b>Cycle</b> 5:45-6:30 Cristin	<b>Cycle</b> 5:45-6:45 Deb	<b>Cycle</b> 5:45-6:30 Cristin	<b>Cycle</b> 5:45-6:30 Karen		
<b>7:30am</b>	<b>Cycle</b> 7:30-8:15 Mary Beth		<b>Cycle</b> 7:30-8:15 Karen				
<b>8:00am</b>						<b>Cycle</b> 8:00-8:45 Ron	
<b>8:30am</b>	<b>Cycle</b> 8:30-9:15 Monika	<b>Cycle</b> 8:30-9:15 Joy	<b>Cycle</b> 8:30-9:15 Klm D.	<b>Cycle</b> 8:30-9:15 Peg	<b>Cycle</b> 8:30-9:15 Monika		<b>Cycle 60</b> 8:30-9:30 Ron
<b>9:00am</b>						<b>Advanced Cycle</b> 9:00 - 10:15 Chin	
<b>9:30am</b>	<b>Cycle</b> 9:30 - 10:15 Hannah	<b>Cycle &amp; Strength</b> 9:30 - 10:45 Dianne	<b>Cycle 60</b> 9:30 - 10:30 Hannah	<b>Cycle &amp; Strength</b> 9:30 - 10:45 Dianne	<b>Cycle</b> 9:30 - 10:15 Rachelle		<b>Cycle</b> 9:45 - 10:30 Karen
<b>10:30am</b>	<b>Cycle Starters I</b> 10:30-11:00 Hannah	<b>Cycle</b> 10:30-11:15 Ron		<b>Cycle 60</b> 10:30-11:30 Ron	<b>Cycle Starters II</b> 10:30-11:15 Kim D.	<b>Cycle</b> 10:30 - 11:15 Christine	
<b>4:30pm</b>	<b>Cycle</b> 4:30-5:15 Karen	<b>Cycle</b> 4:30-5:15 Karen	<b>Cycle Starters II</b> 4:30-5:15 Karen	<b>Cycle</b> 4:30-5:15 Ronna			
<b>5:30pm</b>	<b>Cycle</b> 5:30 - 6:15 Maria	<b>Cycle</b> 5:30-6:15 Bridget	<b>Cycle</b> 5:30-6:15 Bridget	<b>Cycle</b> 5:30-6:15 Amy	<b>Cycle</b> 5:30-6:15 Darcy		
<b>6:30pm</b>	<b>Cycle</b> 6:30 - 7:15 Dennis	<b>Cycle</b> 6:30-7:15 Kristie	<b>Cycle</b> 6:30 - 7:15 Dennis	<b>Cycle</b> 6:30-7:15 Brian			
<b>7:30pm</b>		<b>Cycle Starters I</b> 7:30-8:00 Bev					