

MOVE TODAY FOR A BETTER TOMORROW

Indoor Cycling Options

November 14, - January 8, 2012



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

INDOOR CYCLING

	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
6:00am	Cycle-60 Sam S.		Cycle-60 Ted K.	COMPUTRAINER MultiRider Threshold Ride (75) Tim D. \$\$	Cycle-60 Ted K.	
6:15am		Cycle-45 Chris R.				
9:00am						Cycle-45 Rotating Fitness Staff
12:10pm	Cycle-40 Bob B.		Cycle-40 Amy G.		Cycle-40 Julie W.	**6:30AM CLASS** 2 Hour Computrainer Technical Rides Every Saturday
5:30pm	Cycle-45 Mickey P.	COMPUTRAINER MultiRider Tempo Ride (75) Ted K. \$\$	Cycle-45 Janine C.	COMPUTRAINER MultiRider Threshold Ride (75) Brian G. \$\$		
7:15pm		COMPUTRAINER MultiRider Tempo Ride (75) Ted K. \$\$		COMPUTRAINER MultiRider Threshold Ride (75) Sam S. \$\$		

Downtown Syracuse YMCA
340 Montgomery Street
Syracuse, NY 13202
(315) 474-6851