

North Area Family YMCA

Group Cycle Schedule



July 5 – September 5

Time	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Cycle 6:00-6:45 Jeff		Cycle 6:00-6:45 Katie		Cycle 6:00-6:45 Kelle		
7:45am						Cycle 7:45-8:30 George	
9:30am	Cycle 9:30 - 10:30 Kelly		Cycle 9:30-10:30 Lori	Cycle 9:30 - 10:30 Kathleen	Cycle 9:30 - 10:30 Maggie	Cycle 9:30—10:15 Patty Race Day 1st Sat. of each month <i>90 min. Ride</i>	
10:30am	Cycle 10:35-11:15 Lisa (45min)						
12:30 pm							
4:30 pm							
5:30							
6:30pm	Cycle 6:30 - 7:15 Alan	Endurance Cycle 6:30 - 7:30 Patty	Cycle 6:30 - 7:30 George				

**Attention New Riders: Please arrive 5-10 minutes early for cycle set up
Water Required!!!**

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



- 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.