



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



CYCLE STUDIO SCHEDULE DECEMBER

New classes and time changes are highlighted in yellow

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|--|--|
| Morning Classes | | | | | | |
| | | | <u>5:30 – 6:20</u> Y Cycle Kara/Dayle | | | |
| | <u>7:30-8:20</u> Cycle and Strength Doug/Shelly | | <u>7:30-8:20</u> Cycle and Strength Doug/Shelly | | | |
| <u>8:30 – 9:20</u> Cycle Diane | | <u>9:30 – 10:20</u> Cycle Shelly | <u>8:30 - 9:20</u> Cycle Sculpt Jackie | <u>8:30 – 9:20</u> Y-Cycle Michelle S. | <u>8:30 – 9:20</u> Y Cycle Kara/ Michelle/ Shelly | <u>9:30-10:20</u> Y-Cycle Diane/Shelly /Kathie |
| <u>9:30 – 10:20</u> Y Cycle Shelly | <u>11:30-12:30</u> Cycle Lite and Strength Shelly | | | | | |
| Evening Classes | | | | | | |
| <u>6:00 – 6:50</u> Y Cycle Tim | | <u>5:00-5:50</u> Cycle and Strength Doug/Shelly | <u>6:00 – 6:50</u> Cycle Tim | | | |

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YMCA Name

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