





FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CYCLE STUDIO SCHEDULE December

Due to the holidays we will have a special schedule for the
12/24, 12/26, 12/31 and 1/1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
	<u>5:30 – 6:20</u> Cycle Monica <u>7:30-8:20</u> Cycle and Strength Doug/Michelle		<u>5:30 – 6:20</u> Cycle Dayle <u>7:30-8:20</u> Cycle and Strength Doug/Shelly			
<u>9:00 – 9:50</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> Cycle Michelle S.	<u>8:30 – 9:20</u> Cycle Staff	<u>9:30-10:20</u> Cycle Diane Kathie
	<u>11:30-12:30</u> Cycle Lite and Strength Shelly					
Evening Classes						
<u>6:00 – 6:50</u> Cycle Tim	<u>6:00 – 6:50</u> Cycle Tim 12/6 & 12/13 ONLY	<u>6:00 – 6:50</u> Cycle Tim				

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YMCA Name

123 Anystreet, Anytown, US 99999

P 888 888 8888 **F** 222 222 2222 ymcaofanytown.net