



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

GROUP CYCLING

WINTER 1 2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>January 3-February 19</p> <p>No class Jan 16</p> <p>You must be a minimum of 4' 11" tall and 13 years of age to participate in group cycling.</p> <p>Proper footwear should be carried into the facility. No outdoor shoes are allowed in the cycling studio.</p> <p>Cycle bikes are SPD compatible; please do not change out pedals.</p> <p>Comfortable exercise clothes, water bottle and towels are recommended.</p> <p>No food, drinks (other than water), or gum allowed in the cycling area.</p> <p>No one is permitted to enter class after it has started.</p> <p>If you need help with your bike set-up, please arrive 5-10 minutes before the class starts.</p> <p>The YMCA reserves the right to limit the number of participants for classes. Classes & times are subject to change based on attendance.</p> <p>Please cancel reservation as soon as you are aware you will be unable to make the class; most classes have waiting lists. Failure to cancel class reservation will result in your card being punched for the class.</p>		<p>5:30am-6:30am Group Cycling Jami</p>		<p>5:30am-6:30am Group Cycling Andrea</p>		<p>7:30am-8:30am Group Cycling Jami</p>	
	<p>7:30am-8:00am Cycling for Active Older Adults Paula</p>		<p>7:30am-8:15am Cycling for Active Older Adults Paula</p>		<p>8:00am-8:30am Cycling for Active Older Adults Paula</p>		<p>8:30am-9:30am Group Cycling Jason (every other week starts 1/15/12)</p>
	<p>9:00am-10:00am Cycle + High Intensity Strength Intervals Gina</p>		<p>9:00am-10:00am Group Cycling Gina</p>				
		<p>6:15pm-7:00pm Group Cycling Allison</p>		<p>6:15pm-7:15pm Group Cycling Gina</p>			



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