

YMCA SUMMER SCHEDULE

GROUP CYCLING CLASSES: June 30 - August 24, 2008

| Monday | Tuesday | Thursday | Friday | Saturday |
|-------------------------------------|---|---------------------------------------|---|---------------------------------------|
| <i>RIDE</i> LIZ 6:30 - 7:30am | <i>RIDE</i> MYRIAM 12:00 - 1:00pm | | <i>RIDE</i> SHEILA 6:30 - 7:30am | <i>RIDE</i> STAFF 8:00 - 9:00am |
| | <i>RIDE</i> MELISSA 6:35 - 7:35pm | <i>RIDE</i> LINDA 6:35 - 7:35pm | <i>RIDE</i> LAURIE 9:35 - 10:30am | |



YMCA MEMBERS ONLY!

PLEASE ENJOY "OPEN" CYCLING FOR SUMMER SESSION

For more details and class description see other side.

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.