



APRIL 2019

CYCLE ROOM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
7:00am							
7:30am		CYCLE *		CYCLE *			
8:00am	CYCLE STRENGTH *	7:30 - 8:30am	CYCLE STRENGTH *	7:30 - 8:30am	CYCLE STRENGTH *	CYCLE *	
8:30am	8:00 - 9:00am		8:00 - 9:00am		8:00 - 9:00am	8:00 - 8:55am	
9:00am							
9:15am		CYCLE *					
10:00am		9:05 - 9:50am					
10:30am	PEDALING for PARKINSON'S		PEDALING for PARKINSON'S	CYCLE *			
11:00am	10:30 - 11:30am		10:30 - 11:30am	9:15 - 10:15am			
PM							
5:30pm							
6:00pm		CYCLE STRENGTH *					
6:30pm		6:00 - 7:00pm					
7:00pm							
7:30pm							
8:00pm							

During open times on the schedule, members are free to use the cycle room for independent cycling activities.

* **CYCLE** classes require a pass from the front desk.

CYCLE INSTRUCTORS:

- ⇒ Angie
- ⇒ Darci
- ⇒ Jonathan
- ⇒ Lindsey

Updated 2.21.2019