



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREMIER GROUP SCHEDULE



DUE TO THE LIMITED SPACE OR EQUIPMENT PARTICIPANTS MUST REGISTER AT THE WELCOME DESK.
THE SCHEDULES LISTED INCLUDES CYCLING AND WOW GROUP EXERCISE.

CAMPUS FAMILY YMCA

TIME	MON	TUES	WED	THURS	FRI	SAT
5:15-6:00 am	Cycling Jen V	Cycling Nic	Cycling Jen V	Cycling Nic	Cycling Bryan	
7:30-8:15 am						Cycling KL/CT
9:00 - 9:45 am	Cycling Julie		Cycling Kevin		Cycling Kim	Cycling Jen O
5:30 - 6:15 pm	Cycling Jen O	Cycling Kevin		Cycling Kevin		



DOWNTOWN FAMILY YMCA

TIME	MON	TUES	WED	THURS	FRI	SAT
5:30 - 6:30 am		Cycling Tracy		Cycling Tracy		
8:30 - 9:15 am						Cycling Charlie
9:00 - 9:45 am						
5:30 - 6:15 pm		Cycling Charlie		Cycling Charlie		