

CYCLING STUDIO AT THE YMCA FEBRUARY 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|----------|---------|-----------|----------|--------|
| 5:15 AM | GARY | | ANGELA | MICHELLE | GARY |
| 9:00 AM | JENNY | | KEVIN | | TARA |
| 5:30 PM | MICHELLE | CASEY | ERIN | ANGELA | |

| SATURDAYS @ 8:00 AM | | | |
|---------------------|------------|------------|------------|
| 02/01/2025 | 02/08/2025 | 02/15/2025 | 02/22/2025 |
| ANGELA | KEVIN | BRYAN | GARY |

Cycling is a low impact group exercise class performed on stationary bikes.

During the class, the instructor simulates hills, sprints, and races.

You will be kept motivated by the instructor, the people around you, and the great music. Come check out the great instructors, classes, and studio!

