

# CYCLING STUDIO AT THE YMCA

## JANUARY 2025

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

SATURDAYS @ 8:00 AM			
01/04/2025	01/11/2025	01/18/2025	01/25/2025
KEVIN	JENNY	ANGELA	BRYAN

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!

