

# CYCLING STUDIO AT THE YMCA

## MARCH 2025

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

SATURDAYS @ 8:00 AM				
03/01/25	03/08/25	03/15/25	03/22/25	03/29/25
KEVIN	ANGELA	GARY	BRYAN	KEVIN

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!

