

CYCLING STUDIO AT THE YMCA

MAY 2025

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

SATURDAYS @ 8:00 AM

05/03/2025	05/10/2025	05/17/2025	05/24/2025	05/31/2025
ANGELA	KEVIN	KEVIN	BRYAN	TBD

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!

