

# CYCLING STUDIO AT THE YMCA

## APRIL 2025

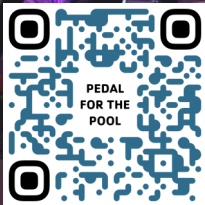
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM	GARY		ANGELA	MICHELLE	GARY
9:00 AM	JENNY		KEVIN		TARA
5:30 PM	MICHELLE		ERIN		

SATURDAYS @ 8:00 AM			
04/05/2025	04/12/2025	04/19/2025	04/26/2025
ANGELA	JENNY	BRYAN	KEVIN

### PEDAL FOR THE POOL

MONDAY, APRIL 14TH, 5:00AM-11:00AM

BIKERS WILL NOT STOP CYCLING UNTIL \$5,000 IS RAISED FOR THE ST. JOSEPH AREA COMMUNITY AQUATIC CENTER. DONATE ONLINE AT OUR HEARTBRIDGE DEDICATED SITE OR FILL OUT A PLEDGE CARD AT THE Y!



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!

