

## 2010 YMCA GROUP FITNESS SCHEDULE

### \*Indoor Cycling\*

Member/Month = \$20 or Non-Member/Month = \$40

Day of Week	Time	Instructor	Class Name	Location
<b>Monday</b>	5:30-6:15 am	Susan	Sunrise Cycle	West MPR
	8:30-9:15 am	Theresa	Power Cycle	Firley
	4:30-5:15 pm	Sandy	Push the Pedal	Firley
	6:30-7:15 pm	Veronica	Cycle Basics	West MPR
<b>Tuesday</b>	5:15-6:00 am	Donna	Cycle	Firley
	5:30-6:15 pm	Mel		Firley
<b>Wednesday</b>	8:30-9:15am	Susan/Theresa	Power Cycle	Firley
	4:30-5:15 pm	Geda		West MPR
	6:30-7:15 pm	Veronica		West MPR
<b>Thursday</b>	5:15-6:00 am	Donna	Cycle	Firley
	5:30-6:15 pm	Mel	Studio Ride	Firley
<b>Friday</b>	5:30-6:15 am	Susan	Sunrise Cycle	West MPR
	5:15-6:00 pm	Donna	Bunz N Guns	West MPR
<b>Saturday</b>	7:30-8:15 am	Lynn / Sandy Susan	Ride into the Weekend	Firley

**Drop In (Day of Class) = Member \$5 or Non-Member \$7**