



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CYCLING YHLC

EFFECTIVE MAY 6TH, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle 5:15-6:00 am Dennis	Cycle for Endurance Athletes 5:15-6:30 am Jason	Group Cycle 5:15-6:00 am Jim	Group Cycle 5:15-6:00 am Penny	Beginning Cycle 5:15-6:00 am Kim		
Group Cycle 6:10-7:00 am Lynette		Group Cycle 6:10-7:00 am Dawn		Group Cycle 6:10 – 7:00 am Bill	Group Cycle 7:00-8:00 am Loran	
Group Cycle 9:20-10:10 am Deann	Group Cycle 9:20-10:10 am Michelle	Group Cycle 9:20-10:10 am Tom	Group Cycle 9:20-10:10 am Kim	Group Cycle 9:20-10:10 am Penny	Group Cycle 9:00-9:55 am Justin	
Group Cycle 12:10-12:55 pm Jed	Group Cycle 12:10-12:55 pm Karla	Group Cycle 12:10-12:55 pm Trivia Bob	Group Cycle 12:10-12:55 pm Karla	Group Cycle 12:10-12:55 pm Trivia Bob		
Group Cycle 4:30 – 5:15 pm Bill	Group Cycle 4:30-5:15 pm Jason	Group Cycle 4:30-5:15 pm Tony	Group Cycle 4:30-5:15 pm Tom			
Group Cycle 5:45-6:30 pm Bill	Group Cycle 5:45-6:30 pm Sue	Group Cycle 5:45-6:45 pm Justin				
		Livestrong Cycle 6:55-7:40 pm Dr. Deming				

Class and Program Descriptions:

CYCLING: Get ready to sweat! This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. Bike shorts and a water bottle are highly recommended. New participants should arrive 10 minutes early to get properly fitted on the bike.

CYCLING FOR ENDURANCE ATHLETES: This class is for those training for events in season or not.

LIVESTRONG CYCLE: This class is for any individual currently enrolled in our Livestrong at the YMCA program. This class is taught by Dr. Deming, from the Mercy Cancer Center.