



# Group Cycling

*Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

July  
2010

Tom A. Finch Community YMCA group exercise classes are FREE to YMCA Members, \$50 per month for Program Participants and \$44 per month for Senior Adult (age 65 and over) Program Participants. *Class start times are in bold.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:15 AM – 10:00 AM (Carrie)	<b>2</b> 5:45 AM – 6:30 AM (Nick)	<b>3</b> 9:30 AM – 10:15 AM (Beth)
<b>4</b> No Class YMCA Closed	<b>5</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Cat)	<b>6</b> 9:15 AM – 10:00 AM (Jamie)  12:15 PM – 12:50 PM (Dina)  6:00 PM – 6:45 PM (Beth)	<b>7</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Patti)	<b>8</b> 9:15 AM – 10:00 AM (Carrie)	<b>9</b> 5:45 AM – 6:30 AM (Nick)	<b>10</b> 9:30 AM – 10:15 AM (Danielle)
<b>11</b> No Class	<b>12</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Cat)	<b>13</b> 9:15 AM – 10:00 AM (Danielle)  12:15 PM – 12:50 PM (Creslyn)  6:00 PM – 6:45 PM (Beth)	<b>14</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Patti)	<b>15</b> 9:15 AM – 10:00 AM (Carrie)	<b>16</b> 5:45 AM – 6:30 AM (Nick)	<b>17</b> 9:30 AM – 10:15 PM (Danielle)
<b>18</b> No Class	<b>19</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Cat)	<b>20</b> 9:15 AM – 10:00 AM (Jamie)  12:15 PM – 12:50 PM (Creslyn)  6:00 PM – 6:45 PM (Beth)	<b>21</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Patti)	<b>22</b> 9:15 AM – 10:00 AM (Carrie)	<b>23</b> 5:45 AM – 6:30 AM (Nick)	<b>24</b> 9:30 AM – 10:15 AM (Carrie)
<b>25</b> No Class	<b>26</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Cat)	<b>27</b> 9:15 AM – 10:00 AM (Jamie)  12:15 PM – 12:50 PM (Creslyn)  6:00 PM – 6:45 PM (Beth)	<b>28</b> 5:45 AM – 6:30 AM (Nick)  6:00 PM – 6:45 PM (Patti)	<b>29</b> 9:15 AM – 10:00 AM (Carrie)	<b>30</b> 5:45 AM – 6:30 AM (Nick)	<b>31</b> 9:30 AM – 10:15 PM (Danielle)