



RYE YMCA INDOOR CYCLING CLASS SCHEDULE

November 10 – January 25, 2019 *Ages 14 & up

Please arrive on time with water. If you arrive later than 10 minutes after class is in session, please look for another option. Revised 12/27/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:45 AM INDOOR CYCLING Rich	5:45 - 6:45 AM INDOOR CYCLING Phil	5:45 - 6:45 AM INDOOR CYCLING Kim	5:45 - 6:45 AM INDOOR CYCLING Rich	5:45 - 6:45 AM INDOOR CYCLING Teresa		
7:15 - 8:00 AM INDOOR CYCLING Kim					7:15 - 8:15 AM INDOOR CYCLING Laura	
8:30 - 9:25 AM CARDIO RIDE Cindy	8:00 - 9:00 AM INDOOR CYCLING Denise	8:30 - 9:25 AM INDOOR CYCLING Denise	8:00 – 9:00 AM INDOOR CYCLING Laura	7:30 - 8:20 AM INDOOR CYCLING Kim	8:30 - 9:30 AM INDOOR CYCLING Kim/Phil*	8:30 - 9:30 AM INDOOR CYCLING Laura
9:30 - 10:30 AM INDOOR CYCLING Laura K	9:00 - 10:30 AM POWER ZONE TRAINING (registration and paid for class) Denise	9:30 - 10:30 AM INDOOR CYCLING Denise	9:30 – 10:30 AM INDOOR CYCLING Rosemary	8:30 - 9:25 AM INDOOR CYCLE Rosemary		
	11:15 - 12:00 PM INDOOR CYCLING Denise			9:30 - 10:15 AM INDOOR CYCLE Michelle	9:45 - 10:45 AM INDOOR CYCLING Gina	9:45 - 10:45 AM INDOOR CYCLING Teresa
		12:15 - 1:15 PM MID DAY INDOOR CYCLING Rosemary		12:15 - 1:15 PM MID DAY INDOOR CYCLING Amanda S		
5:30 - 6:20 PM INDOOR CYCLING Teresa		5:30 - 6:20 PM INDOOR CYCLING Jenn	5:30 - 6:20 PM INDOOR CYCLING Teresa		<p>*Instructors Will Alternate Each Week</p> <p>CLASSES ARE HELD IN INDOOR CYCLING STUDIO</p>	
	6:30 - 7:30 PM INDOOR CYCLING John					