



# Blue Ash YMCA Group Cycling Class Schedule Cycling Studio

	Mon	Tues	Wed	Thurs	Friday	Sat
	5:45 – 6:30am Larry	5:15 – 6:00am Chip	5:45 – 6:30am Robyn	5:15 – 6:00am Chip	5:45 – 6:30am Bob	
		6:05- 6:50am Mitch		6:05- 6:50am Bob		7:15 – 8:15am Instrs. Rot.
	9:15 – 10:15am Robyn/Lisa	9:25 – 10:15am Larry	9 :15– 10:15am Erica	9:25 – 10:15am Larry	9:15 – 10:15am Heidi	8:30- 9:30am Instrs. Rot.
		5:45 – 6:40pm Valerie		5:45 – 6:40pm Valerie		
	6:00 – 7:00pm Erica	Beg, Cycling 6:45 – 7:30pm Amy	6:00 – 7:00pm Bob	Beg. Cycling 6:45 – 7:30pm Chris		

It is recommended that participants bring their own towels and water bottles to class. Padded biking shorts or get seats are optional. First time cyclists please arrive 10 min early for bike settings. 7/1/08