

# Clippard Family YMCA Group Cycling Schedule

## October 5-November 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:30am Tom		5:45-6:30am Susan	5:45-6:30am Tom		
					Marisa/Mary 7:30-8:30am	
9:00-9:45am Susan		9:00-9:45am Amy/Christian	Cycle 101 9:00-9:30am <b>1st Thur of Month</b>	9:00-9:45am Susan	Instructor Rotates 8:45-9:30am	
	Viki 9:45-10:30am		Viki 9:45-10:30am		Cycle 101 9:45-10:15am <b>3rd Sat of Month</b>	
<p><b><i>New to Cycle?</i></b>  <b><i>Try our</i></b>  <b><i>Cycle 101 Class!</i></b>            (1st Thursday of the Month)            (3rd Saturday of the Month)</p>						
		6:00-6:45pm Tina/Marisa				
7:15-8:00pm Mary	7:00-7:45pm Kevin		7:00-7:45pm Kevin			



**\*\* Please arrive 10-15 minutes prior to class start time**

**Updated 9/23/08**