



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP CYCLING SCHEDULE

Monday

9:15 - 10:15
Y Cycle (Maureen)

10:30 - 11:30
Y Cycle (Diane)

12:15 - 1:00
Y Cycle Express (Diane)

6:00 - 7:00
Y Cycle (Lucy)

Tuesday

5:30 - 6:30
Y Cycle (Nancy)

9:15 - 10:15
Y Cycle (Aja)

6:00 - 7:00
Y Cycle (Aja)

Wednesday

9:15 - 10:15
Y Cycle (Ed)

12:15 - 1:00
Easy Rider (Diane)

6:00 - 7:00
Y Cycle (Lucy)

Thursday

5:30 - 6:30
Y Cycle (Nancy)

9:15 - 10:15
Y Cycle (Maureen)

6:00 - 7:00
Y Cycle (Ed)

Friday

9:15 - 10:15
Y Cycle (Maureen)

10:30 - 11:30
Y Cycle (Aja)

Saturday

7:15 - 8:15
Y Cycle (Ed)

SPRING I
February 20 - April 15

***REGISTRATION NOT
REQUIRED. All classes on
drop-in first come, first
serve basis.**

Always bring water and
a towel.

SOUNDVIEW FAMILY YMCA

A branch of the Central Connecticut Coast YMCA

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