



Group Cycling

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

**June
2019**

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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:15 AM – 10:00 AM (Cat)
2 No Class	3 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	4 8:15 AM – 9:00 AM – (Carrie) 9:15 AM – 10:00 AM (Kelly) 12:15 PM – 1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	5 5:45 AM – 6:30 AM (Nick)	6 9:15 AM – 10:00 AM (Dina) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	7 5:45 AM – 6:30 AM (Nick)	8 9:15 AM – 10:00 AM (Kelly)
9 No Class	10 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	11 8:15 AM – 9:00 AM – (Carrie) 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	12 5:45 AM – 6:30 AM (Nick)	13 9:15 AM – 10:00 AM (Kelly) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	14 5:45 AM – 6:30 AM (Nick)	15 9:15 AM – 10:00 AM (Brandi)
16 No Class	17 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	18 8:15 AM – 9:00 AM – (Carrie) 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	19 5:45 AM – 6:30 AM (Nick)	20 9:15 AM – 10:00 AM (Kelly) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	21 5:45 AM – 6:30 AM (Nick)	22 9:15 AM – 10:00 AM (Brandi)
23/30 No Class	24 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	25 8:15 AM – 9:00 AM – (Carrie) 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Dina) 6:00 PM – 6:45 PM (Cat)	26 5:45 AM – 6:30 AM (Nick)	27 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Cat)	28 5:45 AM – 6:30 AM (Nick)	29 9:15 AM – 10:00 AM (Cat)