



Group Cycling

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

**AUGUST
2017**

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 (Carrie) 6:00 PM - 6:45 PM (Cat)	2 5:45 AM - 6:30 AM (Nick)	3 9:15 AM - 10:00 AM (Kelly) 6:00 PM - 6:45 PM (Stephanie)	4 5:45 AM - 6:30 AM (Nick)	5 9:15 AM - 10:00 AM (Cat)
6 No Class	7 5:45 AM - 6:30 AM (Nick) 6:00 PM - 6:45 PM (Cat)	8 9:15 AM - 10:00 AM (Carrie) 6:00 PM - 6:45 PM (Cat)	9 5:45 AM - 6:30 AM (Nick)	10 9:15 AM - 10:00 AM (Kelly) 6:00 PM - 6:45 PM (Stephanie)	11 5:45 AM - 6:30 AM (Nick)	12 9:15 AM - 10:00 AM (Kelly)
13 No Class	14 5:45 AM - 6:30 AM (Nick) 6:00 PM - 6:45 PM (Cat)	15 9:15 AM - 10:00 AM (Carrie) 12:00 PM-12:45 PM (Brandi) 6:00 PM - 6:45 PM (Cat)	16 5:45 AM - 6:30 AM (Nick)	17 9:15 AM - 10:00 AM (Kelly) 6:00 PM - 6:45 PM (Brandi)	18 5:45 AM - 6:30 AM (Nick)	19 9:15 AM - 10:00 AM (Anna Gray)
20 No Class	21 5:45 AM - 6:30 AM (Nick) 6:00 PM - 6:45 PM (Cat)	22 9:15 AM - 10:00 AM (Carrie) 12:00 PM-12:45 PM (Stephanie) 6:00 PM - 6:45 PM (Cat)	23 5:45 AM - 6:30 AM (Nick)	24 9:15 AM - 10:00 AM (Kelly) 6:00 PM - 6:45 PM (Brandi)	25 5:45 AM - 6:30 AM (Nick)	26 9:15 AM - 10:00 AM (Brandi)
27 No Class	28 5:45 AM - 6:30 AM (Nick) 6:00 PM - 6:45 PM (Cat)	29 9:15 AM - 10:00 AM (Carrie) 12:00 PM-12:45 PM (Brandi) 6:00 PM - 6:45 PM (Cat)	30 5:45 AM - 6:30 AM (Nick)	31 9:15 AM - 10:00 AM (Kelly) 6:00 PM - 6:45 PM (Brandi)		

LUNCHTIME CYCLE IS BACK!! COME CHECK IT OUT!