



# Group Cycling

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

**April  
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
	<b>1</b> 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	<b>2</b> 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Dina) 6:00 PM – 6:45 PM (Cat)	<b>3</b> 5:45 AM – 6:30 AM (Nick)	<b>4</b> 9:15 AM – 10:00 AM (Kelly) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	<b>5</b> 5:45 AM – 6:30 AM (Nick)	<b>6</b> 9:15 AM – 10:00 AM (Cat)
<b>7</b> No Class	<b>8</b> 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	<b>9</b> 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Dina) 6:00 PM – 6:45 PM (Cat)	<b>10</b> 5:45 AM – 6:30 AM (Nick)	<b>11</b> 9:15 AM – 10:00 AM (Kelly) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	<b>12</b> 5:45 AM – 6:30 AM (Nick)	<b>13</b> 9:15 AM – 10:00 AM (Brandi)
<b>14</b> No Class	<b>15</b> 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	<b>16</b> 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	<b>17</b> 5:45 AM – 6:30 AM (Nick)	<b>18</b> 9:15 AM – 10:00 AM (Kelly) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	<b>19</b> NO CLASS HAPPY EASTER	<b>20</b> NO CLASS HAPPY EASTER
<b>21</b> HAPPY EASTER	<b>22</b> 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	<b>23</b> 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	<b>24</b> 5:45 AM – 6:30 AM (Nick)	<b>25</b> 9:15 AM – 10:00 AM (Kelly) 12:15 PM – 1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	<b>26</b> 5:45 AM – 6:30 AM (Nick)	<b>27</b> 9:15 AM – 10:00 AM (Kelly)
<b>28</b> No Class	<b>29</b> 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	<b>30</b> 9:15 AM – 10:00 AM (Carrie) 12:15 PM – 1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)				