



Group Cycling

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

**November
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 5:45 AM – 6:30 AM (Nick)	2 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Brandi)	3 5:45 AM – 6:30 AM (Nick)	4 9:15 AM – 10:00 AM (Kelly)
5 No Class	6 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	7 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	8 5:45 AM – 6:30 AM (Nick)	9 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Brandi)	10 5:45 AM – 6:30 AM (Nick)	11 9:15 AM – 10:00 AM (Carrie)
12 No Class	13 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	14 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Kristine) 6:00 PM – 6:45 PM (Cat)	15 5:45 AM – 6:30 AM (Nick)	16 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Brandi)	17 5:45 AM – 6:30 AM (Nick)	18 9:15 AM – 10:00 AM (Brandi)
19 No Class	20 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	21 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	22 5:45 AM – 6:30 AM (Nick)	23 YMCA IS CLOSED Happy Thanksgiving	24 No Group Exercise Classes Y OPEN Regular Hours	25 9:15 AM – 10:00 AM (Cat)
26 No Class	27 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	28 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Kristine) 6:00 PM – 6:45 PM (Cat)	29 5:45 AM – 6:30 AM (Nick)	30 9:15 AM – 10:00 AM (Kelly) 6:15 PM – 7:00 PM (Brandi)		