



Group Cycling

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

**October
2018**

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