



# Group Cycling

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

**January  
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
<div style="border: 2px solid red; padding: 5px; transform: rotate(-5deg); color: red; font-weight: bold;">           Check out our NEW CLASSES!         </div>		<b>1</b> YMCA IS OPEN NO CLASSES HAPPY NEW YEAR	<b>2</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>3</b> <b>9:15 AM</b> – 10:00 AM (Kelly)  <b>12:15 PM-1:00 PM</b> (Dina)  <b>6:15 PM</b> – 7:00 PM (Brandi)	<b>4</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>5</b> <b>9:15 AM</b> – 10:00 AM (Brandi)
	<b>6</b> No Class	<b>7</b> <b>5:45 AM</b> – 6:30 AM (Nick)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>8</b> <b>9:15 AM</b> – 10:00 AM (Carrie)  <b>12:15 PM-1:00 PM</b> (Brandi)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>9</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>10</b> <b>9:15 AM</b> – 10:00 AM (Kelly)  <b>12:15 PM-1:00PM</b> (Dina)  <b>6:15 PM</b> – 7:00 PM (Brandi)	<b>11</b> <b>5:45 AM</b> – 6:30 AM (Nick)
<b>13</b> No Class	<b>14</b> <b>5:45 AM</b> – 6:30 AM (Nick)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>15</b> <b>9:15 AM</b> – 10:00 AM (Carrie)  <b>12:15 PM-1:00 PM</b> (Brandi)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>16</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>17</b> <b>9:15 AM</b> – 10:00 AM (Kelly)  <b>12:15 PM-1:00 PM</b> (Dina)  <b>6:15 PM</b> – 7:00 PM (Brandi)	<b>18</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>19</b> <b>9:15 AM</b> – 10:00 AM (Cat)
<b>20</b> No Class	<b>21</b> <b>5:45 AM</b> – 6:30 AM (Nick)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>22</b> <b>9:15 AM</b> – 10:00 AM (Carrie)  <b>12:15 PM-1:00 PM</b> (Brandi)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>23</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>24</b> <b>9:15 AM</b> – 10:00 AM (Kelly)  <b>12:15 PM-1:00 PM</b> (Dina)  <b>6:15 PM</b> – 7:00 PM (Cat)	<b>25</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>26</b> <b>9:15 AM</b> – 10:00 AM (Kelly)
<b>27</b> No Class	<b>28</b> <b>5:45 AM</b> – 6:30 AM (Nick)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>29</b> <b>9:15 AM</b> – 10:00 AM (Carrie)  <b>12:15 PM-1:00 PM</b> (Dina)  <b>6:00 PM</b> – 6:45 PM (Cat)	<b>30</b> <b>5:45 AM</b> – 6:30 AM (Nick)	<b>31</b> <b>9:15 AM</b> – 10:00 AM (Kelly)  <b>12:15 PM-1:00 PM</b> (Dina)  <b>6:15 PM</b> – 7:00 PM (Cat)		