



Group Cycling

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

**March
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
					1 5:45 AM – 6:30 AM (Nick)	2 9:15 AM – 10:00 AM (Cat)
3 No Class	4 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	5 9:15 AM – 10:00 AM (Carrie) 12:15 PM–1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	6 5:45 AM – 6:30 AM (Nick)	7 9:15 AM – 10:00 AM (Kelly) 12:15 PM–1:00PM (Dina) 6:15 PM – 7:00 PM (Brandi)	8 5:45 AM – 6:30 AM (Nick)	9 9:15 AM – 10:00 AM (Brandi)
10 No Class	11 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	12 9:15 AM – 10:00 AM (Carrie) 12:15 PM–1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	13 5:45 AM – 6:30 AM (Nick)	14 9:15 AM – 10:00 AM (Kelly) 12:15 PM–1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	15 5:45 AM – 6:30 AM (Nick)	16 OPEN HOUSE
17 No Class	18 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	19 9:15 AM – 10:00 AM (Carrie) 12:15 PM–1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	20 5:45 AM – 6:30 AM (Nick)	21 9:15 AM – 10:00 AM (Kelly) 12:15 PM–1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	22 5:45 AM – 6:30 AM (Nick)	23 9:15 AM – 10:00 AM (Cat)
24/31 No Class	25 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	26 9:15 AM – 10:00 AM (Carrie) 12:15 PM–1:00 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	27 5:45 AM – 6:30 AM (Nick)	28 9:15 AM – 10:00 AM (Kelly) 12:15 PM–1:00 PM (Dina) 6:15 PM – 7:00 PM (Brandi)	29 5:45 AM – 6:30 AM (Nick)	30 9:15 AM – 10:00 AM (Kelly)