



Group Cycling

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

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