



Group Cycling

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

**July
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 No Class	2 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	3 9:15 AM – 10:00 AM (Brandi) 12:00 PM–12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	4 YMCA CLOSED Happy 4th of July	5 9:15 AM – 10:00 AM (Brandi) 6:15 PM – 7:00 PM (Brandi)	6 5:45 AM – 6:30 AM (Nick)	7 9:15 AM – 10:00 AM (Cat)
8 No Class	9 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	10 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	11 5:45 AM – 6:30 AM (Nick)	12 9:15 AM – 10:00 AM (Brandi) 6:15 PM – 7:00 PM (Brandi)	13 5:45 AM – 6:30 AM (Nick)	14 9:15 AM – 10:00 AM (Brandi)
15 No Class	16 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	17 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	18 5:45 AM – 6:30 AM (Nick)	19 9:15 AM – 10:00 AM (Brandi) 6:15 PM – 7:00 PM (Brandi)	20 5:45 AM – 6:30 AM (Nick)	21 9:15 AM – 10:00 AM (Brandi)
22 No Class	23 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	24 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Brandi) 6:00 PM – 6:45 PM (Cat)	25 5:45 AM – 6:30 AM (Nick)	26 9:15 AM – 10:00 AM (Dina) 6:15 PM – 7:00 PM (Cat)	27 5:45 AM – 6:30 AM (Nick)	28 9:15 AM – 10:00 AM (Cat)
29 No Class	30 5:45 AM – 6:30 AM (Nick) 6:00 PM – 6:45 PM (Cat)	31 9:15 AM – 10:00 AM (Carrie) 12:00 PM–12:45 PM (Dina) 6:00 PM – 6:45 PM (Cat)				