

February 2019

Group Cycling YMCA Youngsville Branch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Spin w/ Jody 8am-9am
3 The Body Tithe w/ Jody English 6-7:30pm	4	5 Spin w/ Jody 6:30-7:15pm	6 Spin & Core w/ Kim 5:00-5:45pm	7 Beginner Spin 10:30-11:00am Spin to Lady Gaga w/ Kim 5:30-6:15pm	8	9 Spin w/ Jody 8am-9am
10	11 Spin to Classic Rock w/ Kim 5:30-6:15pm	12 Spin w/ Jody 6:30-7:15pm	13 Beginner Spin 10:30-11:00am Spin & Core w/ Kim 5:00-5:45pm	14	15	16 Spin w/ Jody 8am-9am
17	18	19 Spin w/ Jody 6:30-7:15pm	20	21	22	23 Spin w/ Jody 8am-9am
24	25 Spin to the 80's w/ Kim 5:30-6:15pm	26 Spin w/ Jody 6:30-7:15pm	27 Beginner Spin 10:30-11:00am Spin & Core w/ Kim 5:00-5:45pm	28		
Classes are filling up FAST	PreRegistration for Classes Recomended					

Group Indoor Cycling Punch Cards Available to Purchase and used at either the Warren or Youngsville Location.

Cards Available in:

5 HOURS \$20 Members/ \$40 Non-Members

10 HOURS \$40 Members/\$80 Non-Members

&

20 HOURS \$65 MEMBERS ONLY

Pay Per Class Rates Also Available

Pre-Registration is recommended as classes are filling up FAST.