

# January 2019

## Group Cycling YMCA Youngsville Branch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Senior/Beginner Spin w/ Kim 10:30-11:15am Spin w/ Kim 6:00-6:45pm	3	4	5
6	7	8 Spin w/ Kim 5:30-6:00am 6:00-6:45pm	9	10 Senior/Beginner Spin w/ Kim 10:30-11:15am	11	12
13	14 Spin w/ Kim 6:45-7:30pm	15 Spin w/ Kim 5:30-6:00am 10:30-11:15am	16 Spin w/ Kim 5:30-6:45pm	17	18	19
20	21	22 Spin w/ Kim 5:30-6:00am 6:00-6:45pm	23	24 Senior/Beginner Spin w/ Kim 10:30-11:15am	25	26
27	28 Spin w/ Kim 6:45-7:30pm	29 Spin w/ Kim 5:30-6:00am 10:30-11:15am	30 Spin w/ Kim 5:30-6:45pm	31		

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