



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP CYCLING CLASS SCHEDULE

## APPLETON YMCA

### WINTER 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 AM Amy Z.	5:15-6:00 AM Michael M.	5:30-6:15 AM Laura N.	5:15-6:00 AM Michael M.	5:30-6:15 AM Amy Z.	6:00-6:45 AM Linda Kuhaupt	9:30-10:15 AM Cathy G.
8:15-8:45 AM <i>Express Cycle</i> Jan H.	6:15-7:00 AM Don K.	8:15-8:45 AM <i>Express Cycle</i> Jan H.	6:15-7:00 AM Don K.	8:15-8:45 AM <i>Express Cycle</i> Jan H.	7:00-7:45 AM Cathy G.	10:30-11:00 AM <i>Yoga for Cyclists</i> <i>(Mind/Body Studio)</i> Cathy G.
9:00-9:45 AM Jan H.	8:15-8:45 AM <i>Express Cycle</i> Tim L.	9:00-9:45 AM Jan H.	8:15-8:45 AM <i>Express Cycle</i> Gordy M.	9:00-9:45 AM Jan H.	8:00-8:45 AM Don K.	11:15 AM Various
Noon-12:45 PM Barb S.	9:00-9:45 AM Tim L.	Noon-12:45 PM Juli K.	9:00-9:45 AM Gordy M.	Noon-12:45 PM Lee S.	9:00-9:45 AM Lee S.	
4:45-5:30 PM Cathy G.	Noon-12:45 AM Various	4:45-5:30 PM Theresa H.	Noon-12:45 PM Various	4:45-5:30 PM Cathy G.		
5:45-6:30 PM Gail W.	5:30-6:15 PM Sally P.	5:45-6:30 PM Theresa H.	5:30-6:15 PM Nicole S.			
	6:30-7:15 PM Rob M.		6:30-7:15 PM Rob M.			

218 E. Lawrence St., Appleton WI 54911 P 920.739.6135 [www.ymcafoxcities.org](http://www.ymcafoxcities.org)  
 Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.



