



Calcutta: 330-385-6400
 Downtown: 330-385-0663
www.ymcanet.org

Y-Cycling

SPINNING™							Spinning™ is a registered trademark of Mad Dogg Athletics, Inc.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
	5:30AM Bill Crawford CALCUTTA		5:30AM Bill Crawford CALCUTTA		5:15AM Julie Morgan DOWNTOWN								
					5:30AM Bill Crawford CALCUTTA								
	9:00AM Doris Musselman CALCUTTA		9:00AM Doris Musselman CALCUTTA		9:00AM Doris Musselman CALCUTTA	9:00AM (1 HOUR) Diane Blackburn CALCUTTA							
	5:30PM Julie Morgan CALCUTTA	5:30PM Gingie Brock CALCUTTA	5:30PM Diane Blackburn CALCUTTA	5:30PM Gingie Brock CALCUTTA									

Y-Cycling is a 40 minute moderate-to-high intensity group cycling class set to music. Bring a towel and water.
 New participants: please arrive early for proper bike setup instructions.
 Class size is limited, please call ahead to register.

Schedule effective January 20, 2007 / Revised 1-22-07