MAGDALENA ECKE FAMILY YMCA
CYCLING SCHEDULE | JULY 2019

MONDAY
CYCLING
5:15 – 6:45 AM
Susanne (CL) 🌟🌟

CYCLING
7:00 – 7:45 AM
Nancy (CL) 🌟🌟

CYCLING
8:00 – 8:45 AM
Julie P. (CL) 🌟🌟

CYCLING
9:00 – 9:55 AM
Robin (CL) 🌟🌟

CYCLING
5:15 – 6:10 PM
Carolyn (CL) 🌟🌟

TUESDAY
CYCLING
5:15 – 6:10 AM
Patty K. (CL) 🌟🌟

CYCLING
7:00 – 7:45 AM
Patty (CL) 🌟🌟

CYCLING
8:00 – 8:45 AM
Mandie (CL) 🌟🌟

CYCLING
9:00 – 9:55 AM
Laura (CL) 🌟🌟

CYCLING
5:30 – 6:25 PM
Steve (CL) 🌟🌟

WEDNESDAY
CYCLING
5:15 – 6:10 AM
Kyra (CL) 🌟🌟

CYCLING
7:00 – 7:45 AM
Alicia (CL) 🌟🌟

CYCLING
8:00 – 8:45 AM
Zephyr (CL) 🌟🌟

CYCLING
9:00 – 9:55 AM
Patti M. (CL) 🌟🌟

CYCLING
5:30 – 6:25 PM
Carolyn (CL) 🌟🌟

THURSDAY
CYCLING
5:15 – 6:10 AM
Kyra (CL) 🌟🌟

CYCLING
7:00 – 7:45 AM
Mariah (CL) 🌟🌟

CYCLING
8:00 – 8:45 AM
Matt (CL) 🌟🌟

CYCLING
9:00 – 9:55 AM
Robin (CL) 🌟🌟

FRIDAY
CYCLING
5:15 – 6:10 AM
Laura/Susanne (CL) I/A

CYCLING
7:00 – 7:45 AM
Steve (CL) GS

CYCLING
8:00 – 8:45 AM
Julie (CL) GS

SATURDAY
CYCLING
8:00 – 8:45 AM
Kristie (CL) GS

SUNDAY
CYCLING
7:00 – 8:00 AM
Carolyn (CL) 🌟🌟

CYCLING
8:10 – 9:05 AM
East (CL) GS

CYCLING FAMILY
9:20 – 10:15 AM
Elizabeth (CL) 🌟🌟

REMINDERS:
- Schedule subject to change without prior notice
- Please check (website) for most up-to-date information and subs

LOCATIONS:
(S1) Studio 1
(S2) Studio 2
(S3) Studio 3
(MS) Mega Studio
(CL) Cycling Loft
(CP) Competition Pool
(IP) Instructional Pool
(ML) Main Lobby
(MU) Multi Use
(YA) YMCA Arena
(CC) Camp Corral
(MB) Moonlight Beach

KEY
🌟🌟 GETTING STARTED
A great place to begin or restart your exercise program.

🌟🌟 INTERMEDIATE/ADVANCED
Higher intensity and advanced instruction provided.

🌟🌟 BABY FRIENDLY
Babies in stroller or carrier are allowed. No toddlers, please.

🌟🌟 Y ACTIVE ADULTS
Activities designed for older adults.

🌟🌟 ACCUROFIT
Uses state-of-the-art heart rate monitoring technology.

🌟🌟 5+
Children ages 5–12 and parent/guardian must actively participate together.

🌟🌟 7+
Children ages 7–12 and parent/guardian must actively participate together.

🌟🌟 10+
Children ages 10–12 and parent/guardian must actively participate together.