



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ed Isakson Family YMCA
3655 Preston Ridge Rd, Alpharetta, GA30005
770-664-1220

May 21st - August 12th 2012 Group Cycle Schedule

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MONDAY			
7:00-8:00am	Group Cycle	Christine N	L Studio
12:00-12:45pm	Group Cycle	Mike	L Studio
7:00-8:00pm	Cycle Power	Kimberly	L Studio
TUESDAY			
5:45-6:45am	*Group Cycle	Lou	L Studio
9:00-10:00am	50/50	Debbie	L Studio
4:30-5:30pm	Group Cycle	Christine	L Studio
WEDNESDAY			
5:15-6:00am	*Early Bird Cycle	Karen	L Studio
7:00-8:00am	Group Cycle	Christine N	L Studio
8:40-9:40am	Cycle and Pilates	Daniela	L Studio
12:00-12:45pm	Group Cycle	Jackie	L Studio
THURSDAY			
7:00-8:00am	Group Cycle	Lisa	L Studio
5:30-6:30pm	Group Cycle	Christine	L Studio
FRIDAY			
5:15-6:15am	*Drop in Cycle	Karen	L Studio
8:40-9:40am	Group Cycle	Kelly	L Studio
SATURDAY			
8:30-9:30am	Group Cycle	Kristin	L Studio
9:45-10:45am	50/50	Haley	L Studio
SUNDAY			
1:00-2:30pm	Sunday Cycle Challenge	Bill	L Studio

For further information please contact: Melita Lawson, Land and Water Fitness Coordinator
770-663-3548 or melital@ymcaatlanta.org

*No Childcare Available. ♦Coach Approach Friendly Classes. This schedule is also available on our website:
iay.ymcaatlanta.org Children aged 9-12 years may take classes if accompanied by an adult, but are excluded
from group cycle. Thank you!