



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December Cycle Schedule

Bethlehem Area YMCA

Cycling						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycling 05:30-06:30am Jessica	Cycling 05:30-06:30am Erin	Cycling 05:30-06:30am Trish	Cycling 05:30-06:30am Ian	Cycling 05:30-06:30am Jessica	
		Cycling 07:00-07:55am Joanne				Cycling 07:30-08:30am Chris
	Cycling 08:05-09:05am Skip	Cycling 08:05-09:05am Joanne		Cycling 08:05-09:05am Joanne		
Cycling 09:00-10:00am Kim	Express 09:30-10:15am Robyn	Cycling 09:30-10:30am Robyn	Express 09:30-10:15am Tammy	Cycling 09:30-10:30am Chris B.	Cycling 09:30-10:30am Joanne	Cycling 09:00-10:00am Dawn
			Beginner/AOA 11:00-11:45am Chris B.			
Cycling 04:30-05:30pm Mary						
		Spin Flex 05:30-06:00pm Tammy	Cycling 05:30-06:30pm Sonya	Spin Flex 05:30-06:00pm Tammy		
		Cycling 06:30-07:30pm George		Cycling 06:30-07:30pm Fran	Cycling 06:00-07:00pm Kim	
	Cycling 07:00-08:00pm Fran					

December 18-24: Subject to change without notice