

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Summer I SESSION 2010 - CYCLING PROGRAMS **July 5th- August 1st**

Monday

6:15-7am – Ginny

6-7pm – Glenn

Tuesday

9-10am – Lisa

4-4:45pm – Ginny (*Intro to Cycling*)

Wednesday

6:15-7:00am – Ginny

6-7pm – Glenn

Thursday

9-10am – Lisa

4:00-4:45 pm – Ginny (*Intro to Cycling*)

6-7pm – Fran