



# CYCLING SCHEDULE

**EASY & FUN  
BURN CALORIES  
BUILD STAMINA**

## WESTFIELD YMCA

**Looking for an easy, convenient way to stay in shape?**

**Whether your goal is having more fun, stress reduction, staying in shape, weight loss, lowering your cholesterol or blood pressure or almost anything else, pedaling is all it takes.**

<b>GP Room</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
<b>Monday</b>	<b>6:00AM</b>	<b>Michelle Urbanski</b>
	<b>9:15AM</b>	<b>Dianne Boisvere</b>
	<b>5:30PM</b>	<b>Dianna Delmonte</b>
<b>Tuesday</b>	<b>6:00AM</b>	<b>Shauna McCrary</b>
	<b>6:30PM *</b>	<b>Dianna Delmonte</b>
<b>Wednesday</b>	<b>9:15AM</b>	<b>Dianne Boisvere</b>
	<b>5:30PM</b>	<b>Dianna Delmonte</b>
<b>Thursday</b>	<b>6:00AM</b>	<b>Michelle Urbanski</b>
<b>Friday</b>	<b>9:15AM</b>	<b>Dianne Boisvere</b>
<b>Friday</b>	<b>5:30PM</b>	<b>Kristina Oleksak</b>
<b>Saturday</b>	<b>7:00AM</b>	<b>Michelle Urbanski</b>
<b>Classes are 55 minutes</b>		<b>* Class 45 minutes</b>

**Never Cycled? Just ask our Staff to assist you in your bike adjustment.  
Don't let the fear of the unknown stop you from trying an awesome workout!**