



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.

GP Room	TIME	INSTRUCTOR
Monday	6:00AM	Michelle Urbanski
	9:15AM	Dianne Boisvere
	5:30PM	Dianna Delmonte
Tuesday	6:00AM	Shauna McCray
Wednesday	9:15AM	Dianne Boisvere
	5:30PM	Dianna Delmonte
Thursday	6:00AM	Michelle
Friday	9:15AM	Dianne Boisvere
Saturday	7:00AM	Michelle Urbanski
Classes are 55 minutes		

**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!**