



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR CYCLING SCHEDULE

## CYCLING STUDIO

Schedule is subject to change.

All classes are approximately 55 min in duration unless otherwise noted.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am Michelle	5:45am Stacey	5:45am Erica	5:45am Michelle	5:45am Stacey	
<b>IMPORTANT:</b> Towel and Water are required Please arrive 10-15 minutes early Your bike will be forfeited to wait listed participants if you arrive 5 minutes after class has started Must be 16 years old to participate	8am Marilu		8am Rotation: Piper/Martha		8am Michele A.	8am Rotation: Michelle/ Melissa
	9:15 Martha	9:00 Carrie	9:15 Melissa		9:15 Carrie	
		12pm Martha		12pm Martha		
	5-5:45pm Melissa		5:30 Martha			
2 Day Reservation System Call 593-9622 or stop by the Welcome Center!	6pm Melissa	6pm Marilu				

Failure to cancel a bike 3 times in one month for which you have signed up will prohibit you from participating in the program for one month.



Garden Ranch Family Center  
2380 Montebello Dr. W., Colorado Springs, CO 80918  
P 719 593 9622    [www.ppymca.org](http://www.ppymca.org)