


# Cycling Schedule September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p style="font-size: small; margin-top: 5px;">FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>				<b>Aug 31</b>	<b>1</b>	<b>2</b>
				5:30 RPM Carrie 12:00 Cycle HIIT Keri	<b>9:30 RPM</b>	8:15 RPM Alyssa
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>YMCA CLOSED FOR LABOR DAY!</b>		5:30 RPM Catie 12:00 Cycle HIIT Keri 5:30 RPM Alyssa	9:30 Cycle Megan K 4:30 Cycle Shari	5:30 RPM Carrie 12:00 Cycle HIIT Keri	<b>9:30 RPM</b>	8:15 RPM Alyssa
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:30 Cycle & Core Megan K 4:30 Cycle Nikki	5:30 RPM Catie 12:00 Cycle HIIT Keri 5:30 RPM Alyssa		9:30 Cycle Kelly 4:30 Cycle Shari	5:30 RPM Carrie 12:00 Cycle HIIT Keri	9:30 RPM Catie	8:15 RPM Alyssa
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:30 Cycle & Core Megan K 4:30 Cycle Nikki	5:30 RPM Catie 12:00 Cycle HIIT Keri 5:30 RPM Alyssa		9:30 Cycle Meighan 4:30 Cycle Shari	5:30 RPM Carrie 12:00 Cycle HIIT Keri	9:30 RPM Kara	8:15 RPM Alyssa
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:30 Cycle & Core Megan K 4:30 Cycle Nikki	5:30 RPM Catie 12:00 Cycle HIIT Keri <b>5:30 RPM</b>	9:30 Cycle Meighan 4:30 Cycle Shari	5:30 RPM Carrie 12:00 Cycle HIIT Keri	9:30 RPM Kara	8:15 Cycle Megan K	

# Water Fitness Schedule September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p style="font-size: small; margin-top: 5px;">FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>					<b>1</b>	<b>2</b>
					<b>POOL CLOSED</b>	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>YMCA CLOSED FOR LABOR DAY!</b>		8:00 AH Julie	7:30 AC Nora 11:05 AP Becca  7:00 MLS Nikki	8:00 AH Julie	11:05 AP Julie	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:00 AP Julie 11:05 AB Becca  7:00 MLS Nikki	8:00 AH Julie		7:30 AC Nora 11:05 AP Becca  7:00 MLS Nikki	8:00 AH Julie	11:05 AP Julie	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:00 AP Julie 11:05 AB Becca  2:15 AIS Nora 7:00 MLS Nikki	8:00 AH Julie		<b>7:30 AC</b> 11:05 AB Becca  7:00 MLS Nikki	<b>8:00 AH</b>	11:05 AP Becca	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
8:00 AP Julie 11:05 AB Becca  2:15 AIS Nora 7:00 MLS Nikki	8:00 AH Nora		7:30 AC Nora 11:05 AB Becca  7:00 MLS Nikki	8:00 AH Julie	11:05 AP Julie	