




RANSBURG YMCA GROUP EXERCISE SCHEDULE:

Cycle Studio

| MON | TUE | WED | THURS | FRI | SAT |
|--|--|---|--|---|-------------------------------|
| PLAY & LEARN HRS: 8AM-12PM, 4PM-8PM | PLAY & LEARN HRS: 8AM-12PM, 4PM-8PM | PLAY & LEARN HRS: 8AM-12PM, 4PM-8PM | PLAY & LEARN HRS: 8AM-12PM, 4PM-8PM | PLAY & LEARN HRS: 8PM-12PM, 4PM-6:30PM | PLAY & LEARN HRS: 8AM-12PM |
| 5:00PM - 5:55PM Cycle Cycle Studio, Amy | | 5:00PM - 5:50PM Cycle Cycle Studio, Chancheta | | | |
| 6:15PM - 7:00PM Gospel Spin Cycle Studio, Chante | 6:00PM - 6:50PM Cycle Cycle Studio, Brigid | | 6:15PM - 7:00PM Hip Hop Cycle Cycle Studio, Chante | | |





WHAT YOU NEED TO KNOW:

- Download the YMCA of Greater Indianapolis App to track all your workouts and get updates (Available on Apple & Android)
- Members are Expected to Clean Equipment After Use

Ready to Join The Team? Contact Kat Maxwell
kamaxwell@indymca.org

Let Us Help You Get Certified!

Updated: 6/28/24 KEM