

**We Welcome New Riders!**

Winter

**We ask that 1st Time X-Bike Riders arrive 15 minutes BEFORE the scheduled start time of the class to get fited & orientated to the bike.**

<b>MONDAY</b>			<b>TUESDAY</b>			<b>WEDNESDAY</b>		
5:30 AM	X-Bike Class	Mary	5:30 AM	Hills & Thrills 45 Minute Class	Joan	5:30 AM	X-Bike Class	Vicki
5:30 PM	X-Bike for Beginners	Gwen				5:30 PM	X-Bike & Abs	Michele
			9:30 AM	X-Bike 45 Minute Class	JP	6:30 PM	X-Bike Class	Michele
			4:30 PM	X-Bike Class	Lori			
			5:30 PM	X-Bike Class	Michele			
<b>THURSDAY</b>			<b>FRIDAY</b>			<b>SATURDAY</b>		
5:30 AM	Biking Boot Camp 45 Minute Class	Joan	5:30 AM	X-Bike Class	Mary	8:15 AM	X-Bike Class	Mary
9:30 AM	X-Bike 45 Minute Class	Cary	9:30 AM	X-Bike 45 Minute Class	JP	9:15 AM	X-Bike Class	Gwen
4:30 PM	X-Bike Class	Michele						
5:30 PM	X-Bike Class	Gwen				<b>SUNDAY</b>		
						11:15 AM	X-Bike Class	Lori

***Schedule Subject to Change.  
Check out [www.ymcaerie.org](http://www.ymcaerie.org) for most current schedule update.***

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