



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Contact Information: Annette Garrison
 Health & Wellness Coordinator
 amgarrison_ymca@twc.com

CYCLE REEBOK

New Policy:

Non-Members or Guests may try 1 class free.

Non-county guests may try additional classes by paying the daily guest fee.

1/2/2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 a.m.		Carrie		David		
8:05-8:50 a.m.	Katie		Kristy		Amy	
9:00-10:00 a.m.						Katie/Amy
5:15-6:00 p.m.		David				
5:45-6:30 p.m.	Serena		Katie	Carrie		

Snow Policy: "If school is cancelled due to inclement weather, all morning classes will also be cancelled. Please check with the front desk at 3 p.m. to see if evening classes are cancelled too.

Additional cancellations will be made on a day to day basis."

Newcomers to cycling! Remember to get fitted for your bike prior to class. Be there 15 minutes before class starts. Bring water and a towel. Listen to your body and do only what you can. If you have knee problems, maybe avoid the standing movements, it is okay, it is your workout!!!

*Direct all questions or comments to Annette Garrison, Health and Wellness Coordinator
 Henderson County Family YMCA 270-827-9622 x324 amgarrison_ymca@twc.com*

YMCA MISSION STATEMENT

"TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL."

FINANCIAL ASSISTANCE AVAILABLE FOR LOW INCOME FAMILIES OR INDIVIDUALS.