



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Contact Information: Annette Garrison,
Health & Wellness Coordinator at
270-827-9622 ext. 324

CYCLING LIVE AND VIRTUAL

Age Policy Instructor lead classes: Under 10 -Not Allowed
Ages 10-13 with Adult or Parent, Ages 14 & up can participate
without a parent or adult.

Age Policy Virtual RPM: Require a parent or adult be with
all kids under age 18 due to safety and liability issues.
Parents or adults are encouraged to participate in classes.

10/16/2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30 a.m.	VIRTUAL	Carrie	VIRTUAL	VIRTUAL	VIRTUAL		
7:00-7:45a.m.	VIRTUAL			VIRTUAL	VIRTUAL		
8:05-8:50 a.m.	Katie		Kristy		Amy		
9:00-10:00 a.m.						Katie/Amy	
10:30-11:15 a.m.		VIRTUAL		VIRTUAL		VIRTUAL	
11:45-12:15p.m.		VIRTUAL EXPRESS		VIRTUAL EXPRESS			
12:15-1:00 p.m.	VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL
2:00-2:45 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
3:00-3:45 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
4:15-5:00 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		VIRTUAL
5:45-6:30 p.m.	Serena	David	Katie	Carrie			
7:00-7:45 p.m.	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		

**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