



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

We challenge you to compete against other cycling participants to see....

HOW FAR CAN YOU GO!

GROUP CYCLING CHALLENGE

FEBRUARY 10-16

How many miles can you cover in a week?

If using a bike without a console the following mileage applies:

1 hour class= 14 miles

45 minute class/cycle tone class=10 miles

30 minute class=7 miles

FREE & Open to Y-Members Only. Pre-Registration Required. Register at Member Services Desk and receive a mileage card. All mileage cards must be initialed by cycle instructor and be turned in at the desk by Feb. 18

Member who covers the most miles wins \$25 in Y-Bucks



Cycle Class Schedule (CT=Cycle Tone)

Sunday...8:30-9:30am

Monday...9:20-10:20am & 6:00-6:45pm

Tuesday...9:20-10:20am(CT) & 5:45-6:30pm

Wednesday...5:30-6:30am(CT)& 9:20-10:20am & 6:00-6:45pm

Thursday...8:30-9:15am & 5:45-6:30pm

Friday...5:30-6:30am & 9:20-10:20am

Saturday...7:30-8:30am

For more information contact Danielle at 315-253-5304 or danielle@auburnymca.net
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