



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP CYCLING SCHEDULE MERRIMACK BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00am Shawn		6:00am Shawn		
					8:45am Instructors Rotate	
9:30am Meredith	9:30am Colleen	9:30am Chuck	9:30am Meredith	9:30am Colleen		
11:00am Chuck Seniors 1st Monday of the Month						
	12:15pm Cheryl		12:15 Cheryl			
	6:00pm Meredith		6:00pm Paul			

Kids Stop/Babysitting Service:

Mon-Thurs: 8:30am-1:30pm & 4:00-8:00pm
 Friday: 8:30am-1:30pm & 4:00-8:00pm
 Saturday: 8:30am-12:30pm

Reservations are required and can be made at www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Group_Cycling_Merrimack

CYCLING IS FREE WITH YOUR MEMBERSHIP!