



Cycle Room Schedule
Cycle Room @ Kankakee Area YMCA
 September 3rd - September 16th

1075 N. Kennedy Dr
 KANKAKEE, IL 60901
 (815) 933-1741

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Early Bird Cycle Dave Wonder 5:30am - 6:15am		Early Bird Cycle Dave Wonder 5:30am - 6:15am		Early Bird Cycle Dave Wonder 5:30am - 6:15am		
7am						Early Bird Cycle Tari Kapchinske 7:15am - 8am	
8am	Power Pedal Emily VanKuren 8:45am - 9:30am	Pedal On Emily VanKuren 8:45am - 9:30am		Pedal On Emily VanKuren 8:45am - 9:30am	Rhythm Ride Emily VanKuren 8:45am - 9:30am		
10am						Turbo Cycle Tom Beirne 10:30am - 11:30am	
5pm	Rev It Up Tom Beirne 5:30pm - 6:15pm	Rip & Ride Tom Beirne 5:30pm - 6:30pm	Rev It Up Tom Beirne 5:30pm - 6:15pm	Rip & Ride Tom Beirne 5:30pm - 6:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.