

Valley Points Family YMCA

November Group Cycling Schedule

IF YOU THINK
YOU CAN
YOU'RE RIGHT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AVB 9:15-10:05 AM	Masks are required during all classes.	AVB 9:15-10:05AM		AVB 9:15-10:05AM	AVB 9:15-10:05AM
KVB 9:15-10:05 AM		KVB 9:15-10:05 AM			KVB 9:15-10:05 AM
	AVB 6:15-7:05PM		AVB 6:15-7:05PM	Allegheny Valley Kiski Valley	
	KVB 6:15-7:05PM		KVB 6:15-7:05 PM		

- Must be at least age 12 to participate
- Class sizes are limited for social distancing. Participants must have a spot reserved. Reservations can be made in person, by phone or online at vpfymca.org beginning at 6 AM two days prior to day of class.
- Class passes for non-members are not being sold at this time. Valley Points Family YMCA members may visit any of our three locations. Nationwide membership is currently suspended for members from YMCAs outside of the Valley Points Family YMCA.