



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RECREATION CENTER SCHEDULE

NORTHERN NECK FAMILY YMCA

February-2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Adult & Family Time 5:30-10am	Adult & Family Time 5:30am-6:30am	Adult & Family Time 5:30-10am		Adult & Family Time 5:30am-6:30am	
	Group Cycling Jenny Landry 10-11am	Group Cycling Mark Favazza 6:30am-7:30am	Group Cycling Jenny Landry 10-11am	Adult & Family Time 5:30am-3:45pm	Group Cycling Mark Favazza 6:30am-7:30am	Group Cycling Jenny Landry 10-11am
Family-Only Time 1:00pm-4:00pm	Adult & Family Time 11am-5:30pm	Adult & Family Time 7:30am-3:45pm	Adult & Family Time 11am-3:45pm		Adult & Family Time 7:30am-3:45pm	Family-Only Time 11:00am-4:00pm
		IZONE 3:45pm-7:00pm		IZONE 3:45pm-7:00pm	IZONE 3:45pm-6:00pm	
	Group Cycling June Daffeh 5:30pm-6:30pm	Group Cycling Steve Reiss 5:30pm-6:30pm	IZONE 3:45pm-7:00pm	Group Cycling Steve Reiss 5:30pm-6:30pm	Group Cycling June Daffeh 5:30pm-6:30pm	
		IZONE 3:45pm-7:00pm		IZONE 3:45pm-7:00pm		

39 William B. Graham Court, Kilmarnock, VA 22482 804 435 0223

A branch of the Peninsula Metropolitan YMCA

Last Revised:

1/26/2012

## CLASS DESCRIPTIONS

**Group Cycling** - Indoor cycling classes simulate outdoor cycling experiences. Classes use a combination of visualization and music cues with self-directed resistance to experience a personal level of exercise intensity.