


Sunbury YMCA RPM™ / Cycling Schedule – March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
	<p>Open House March 4th Bring a Friend for FREE</p> <hr/> <p>RPM™ New Release 82 In Classes the Week of 3/25</p> <hr/> <p>Fitness Mash-Up Sunday 3/17</p>			3/1	<p>SATURDAY 3/2 8:15AM RPM™ Amy T</p> <hr/> <p>SUNDAY 3/3 1:30 RPM™ Sheila</p>
4	5	6	7	8	<p>SATURDAY 3/9 8:15AM RPM™ Stacy – (60 min ride)</p> <hr/> <p>SUNDAY 3/10 1:30 RPM™ Jeanne</p>
<p>8:45AM Cycling Carissa</p> <p>5:30PM RPM™ Stacy</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 Cycling Katrina (30 mins) 9:00 RPM™ Barb</p> <p>Noon RPM™ Barry</p> <p>5:30PM RPM™ Sheila P</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Amy T</p>	<p>5:45AM RPM™ Barb</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p>	<p>8:00AM RPM™ Melanie</p>	
11	12	13	14	15	<p>SATURDAY 3/16 8:15AM RPM™ Sheila</p> <hr/> <p>SUNDAY 3/17 1:30 RPM™ – 60 min ride Sheila & Amy T</p>
<p>8:45AM Cycling Carissa</p> <p>5:30PM RPM™ Stacy</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 Cycling Katrina (30 mins) 9:00 RPM™ Barb</p> <p>Noon RPM™ Barry</p> <p>5:30PM RPM™ Sheila P</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Amy T</p>	<p>5:45AM RPM™ Barb</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p>	<p>8:00AM RPM™ Melanie</p>	
18	19	20	21	22	<p>SATURDAY 3/23 8:15AM RPM™ Melanie – (60 min ride)</p> <hr/> <p>SUNDAY 3/24 1:30 RPM™ Sheila</p>
<p>8:45AM Cycling Carissa</p> <p>5:30PM RPM™ Stacy</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 Cycling Katrina (30 mins) 9:00 RPM™ Barb</p> <p>Noon Cycling Karen</p> <p>5:30PM RPM™ Sheila P</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Amy T</p>	<p>5:45AM RPM™ Barb</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p>	<p>8:00AM RPM™ Melanie</p>	
25	26	27	28	29	<p>SATURDAY 3/30 8:15AM RPM™ Sheila – (60 min ride)</p> <hr/> <p>SUNDAY 3/31 1:30PM RPM™ Sheila</p>
<p>8:45AM Cycling Carissa</p> <p>5:30PM RPM™ Stacy</p>	<p>5:45AM RPM™ Amy M</p> <p>8:00 RPM™ Melanie (30 mins) 9:00 RPM™ Barb</p> <p>Noon Cycling Karen</p> <p>5:30PM RPM™ Amy T</p>	<p>8:45AM Cycling Tim</p> <p>5:30PM RPM™ Sheila P</p>	<p>5:45AM RPM™ Barb</p> <p>8:00AM Cycling Jim (30 mins)</p> <p>Noon RPM™ Adrienne</p>	<p>8:00AM RPM™ Melanie</p>	