



Lakewood YMCA Aerobic/Cycle Schedule



January 4 - March 6, 2010

Aerobics
Members—Free
Potential Members
8-week session—\$75
Per class—\$6

**Cycling classes can only be
signed-up for 24 hours in**

MON	TUES	WED	THURS	FRI	SAT
8:00 AM Cycling		8:00 AM Cycling		8:00 AM Cycling	
	9:00 AM 1/2 Hour Kickboxing with Donna		9:00 AM 1/2 Hour Kickboxing with Donna		8:15 AM Cycling
9:15 AM Step Sally	9:30 AM Strength Training Donna	9:15 AM Step Sally	9:30 AM Strength Training Donna	9:15 AM Step Sally	9:15 AM Stability Ball Sally
	4:30 PM Pilates with Karen		4:30 PM Pilates with Karen		
5:45 PM Zumba Dana	5:45 PM Strength Training Joanie	5:45 PM Step Sally	5:45 PM Zumba Raven		
6:45 PM Cycling		6:45 PM Cycling			

YHEALTH & FITNESSTM

We build strong kids, strong families, strong communities.