



Lakewood YMCA Aerobic/Cycle Schedule



Summer 2010 Schedule

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 | |
| 8:00 Strength & Stretch Donna | 9:00 AM 1/2 Hour Kickboxing with Donna | 8:00 Strength & Stretch 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 | | |
| | | 5:30 PM Zumba Raven | | | |
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