



AEROBICS

For Ages 14 & Up
12 Week Schedule: June 16 – August 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 am Step Interval Leah		6-7 am Step Interval Leah			
6:15-6:45 am Early Bird Cycle Cycle Hollyloft Tammy	6:45-7:45 am Stability Ball Cindy	6:15-6:45 am Early Bird Cycle Cycle Hollyloft Tammy	6:45-7:45 am Stability Ball Cindy	6:15-6:45 am Early Bird Cycle Cycle Hollyloft Tammy	
9:30-10:30 am Mat Pilates Lisa W.	9:30-10:30 am Multi Level Rider Cycle Hollyloft Melody	9:30-10:30 am Mat Pilates Lisa W.		9:30-10:30 am Ball Pilates Lisa W.	9:15-10 am Free Wheelin' Cycle Hollyloft Holly
9:30-10:30 am SilverSneakers I Muscular Strength Upper Gym		9:30-10:30 am SilverSneakers I Muscular Strength Upper Gym			
12:15-12:45 pm Stability Ball Leah	12:15-12:45 pm Crunchtime Cycle Hollyloft Pete	12:15-12:45 pm Walk Fit Donna	12:15-12:45 pm Crunchtime Cycle Hollyloft Pete	<p style="text-align: center;">PROGRAM FEES</p> <p><u>Aerobics & Cycle Hollyloft</u> Members – FREE Potential Members – \$112/session or \$6/class</p> <p><u>SilverSneakers</u> Members – FREE Potential Members - \$2/class</p> <p>Join any time during the session!</p>	
5:30-6:30 pm Power Pump Sue G.	5:30-6:15 pm Ride It Out Cycle Hollyloft Holly	5:30-6:15 pm Break Away Cycle Hollyloft Pete			
6:35-7:35 pm Mat Pilates Cindy		6:35-7:35 pm Mat Pilates Cindy			

The YMCA Aerobics Department gratefully acknowledges the generous support of our sponsor:



HOLLYLOFT SKI AND BIKE
1978 – OUR 30th YEAR – 2008

Quality bicycles from Specialized, Raleigh, Diamondback, Haro, Fit Redline, DK, Kink, & Giant electric bikes
* GUARANTEED EXPERT SERVICE *

parts – accessories – bike clothing – used bikes – brand name trade ins welcome
* The tri-county's only "Body Scan" laser fit computer bicycle sizing and fit *
helmets – riding gloves – cycling shoes

Join us for local Tuesday night rides @ 6 pm 4 groups/abilities

600 Fairmount Ave., Rt 394, Jamestown, 483-2330 / M-T-W 10-6, TH-FRI 10-8, SAT 10-5:30, closed SUN