



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS STUDIO CIRCUIT CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>OCT 1 TO</u> <u>OCT 31</u> FITNESS STUDIO IS CLOSED 15 MINUTES BEFORE AND 15 MINUTES AFTER SCHEDULE CLASS TIME. \$5 MEMBERS \$10 NON- MEMBER PURPLE NEW CLASS OR TIME <u>Please leave</u> <u>bags and</u> <u>coats in</u> <u>locker</u>	9:15am to 10:00am Circuit Challenge Teresa	8:00am to 8:45am Circuit Challenge Nikki 6:00pm to 6:45pm Circuit Challenge Teresa/Beth	6:30pm to 7:15pm Circuit Challenge Candice	8:00am to 8:45am Circuit Challenge Lyndsay 6:00pm to 6:45pm Self Defense Circuit Tony			

East End YMCA

730 North Lake Street, Madison, OH 44057
P 440 428 5125 lakecountyyymca.org



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