

# Indoor Cycling Fitness Schedule

Summer 2008

Show up 1/2 hour before class to pick up reservation ticket. Must have reservation ticket to participate in cycling class.

June 23<sup>rd</sup> to Aug. 17<sup>th</sup>

**Door will be opened by Cycling Coach 15 minutes before start of class to set up your bike.**

Revised: 6/16/2008

**MUST HAVE A TOWEL & WATER BOTTLE TO TAKE CLASS.** Participants must wipe off bike after workout.

**HEART RATE MONITOR RECOMMENDED.** Heart Rate Monitors available at Front Desk.

**CLASSES SUBJECT TO CHANGE\*\*\*\*\*NO CELL PHONES IN CYCLING ROOM**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:00-6:45 AM	Dorothy	6:00-7:00 AM	Extended Ride Rick	6:00-6:45 AM	<b>Beginner Cycling</b> Debi	6:00-6:45 AM	Anne Marie	6:00-7:00 AM	Extended Ride Rick				
8:15-9:00	Anne Marie	8:15-9:00	Barbara	8:15-9:00	Anne Marie	8:15-9:00	Barbara	8:15-9:00	Anne Marie	8:00-9:00	Extended Ride Barbara /Beth	8:00-9:15 AM	Super Ride Kristy/Beth Cathie/ Dorothy
9:30-10:30	Extended Ride Lisa	9:30-10:30	Extended Ride Felicia	9:30-10:30	Extended Ride Beth	9:30-10:30	Extended Ride Felicia	9:30-10:30	Extended Ride Chris				
6:15-7:00 PM	Amy	6:15-7:00 PM	Kristy	6:15-7:00 PM	Steve C.	6:15-7:00 PM	Betsy	6:15-7:00 PM	Dana				

**NO CLASSES OR BABYSITTING FRIDAY, JULY 4<sup>TH</sup> - Independence Day - OPEN 7 AM - 4 PM**

For safety reasons and in consideration of other participants, we reserve the right to deny admission to anyone arriving more than 5 minutes after class has begun.

**Morristown Memorial Hospital/Atlantic Health System will be at the YMCA for the following screenings:**

Skin Cancer Screening, Look in the Dermascan, Tuesday, June 24<sup>th</sup>, 10 AM to 1 PM - FREE

Respiratory Screening, Thursday, July 10<sup>th</sup>, 10 AM to 1 PM - FREE

Bone Density Screening, Thursday, Aug. 7<sup>th</sup>, 10 AM to 1 PM \$10 per person (cash or check) - REGISTRATION REQUIRED, 1-800-247-9580 or [www.atlantichealth.org](http://www.atlantichealth.org)

Lakeland Hills YMCA  
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Hot Line 973-334-0091  
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