



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARE FOR A SMOOTH RIDE

Adult Group Exercise Program

Starting Monday, October 10
New Indoor Cycling class!

Mondays
6:00pm with Rachel

In the Cycling Room, 2nd floor

This is an invigorating workout that allows for each rider to work to his/her own pace. Lead by motivating instructor, riders simulate outdoor cycling while rocking out to fun up-beat music.



For more information, contact Lidia Magarian, Chronic Disease Prevention Director
at 310/393-2721 ext 129 or email: lidiam@ymcasm.org.