



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



PREPARE FOR A SMOOTH RIDE

New Indoor Cycling classes!

Starting Monday, October 10

Mondays

6:00 pm with Rachel

Starting Wednesday, October 12

Wednesdays

6:00 pm with Crystal

In the Cycling Room, 2nd floor

An invigorating workout, allowing each rider to work at their own pace. Led by motivating instructors, riders simulate outdoor cycling while rocking out to a 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.