



INDOOR CYCLING

MAY 2012

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SCHEDULED TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	CARDIO CIRCUIT Otis	ROUGH TERRAIN Rhonda	CARDIO CIRCUIT Otis	HILL COUNTRY Rhonda	
9:30 AM		SPRINT INTERVALS Niki		SPRINT INTERVALS PLUS Jenny	
4:30 PM	CARDIO CIRCUIT Rhonda			ROUGH TERRAIN Niki	
5:30 PM	SPRINT INTERVALS Jenny	CARDIO CIRCUIT Kim	ROUGH TERRAIN Rhonda	CARDIO CIRCUIT Jenny	
6:30 PM					

SATURDAY	9:30/10:00AM
BEGINNERS CYCLING/ CYCLERS CHOICE	INSTRUCTOR OF THE DAY
MAY 5TH	JOHN
MAY 12TH	NIKKI K.
MAY 19TH	RO
MAY 26TH	JENNY
JUNE 2ND	SUSAN

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United Way
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