



M.E. Lyons YMCA
July 12th - July 18th

8108 Clough Pike
Cincinnati, OH 45244
513.474.1400

	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
9am		YOGA Cycling Studio Erica L. 9am - 10am	BOOT CAMP Studio Amanda T. 9:30am - 10:30am		BOOT CAMP Studio Amanda T. 9:30am - 10:30am	YOGA Cycling Studio Erica L. 9am - 10am	
10am		H.I.I.T. Studio Marjie C. 10:30am - 11:30am		H.I.I.T. Studio Marjie C. 10:30am - 11:30am		H.I.I.T. Studio Marjie C. 10:30am - 11:30am	
11am			SILVERSNEAKERS® CIRCUIT Studio Erica L. 11am - 12pm		SILVERSNEAKERS® YOGA Studio Erica L. 11am - 12pm		
5pm		YOGA Studio Erica L. 5:30pm - 6:30pm			GENTLE YOGA Studio Erica L. 5:30pm - 6:30pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.