



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DISCOVER NEW BEGININGS

## LAUDERHILL COMMUNITY YMCA

### SCHEDULE: OCTOBER 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am		Beginners Boot Camp		Beginners Boot Camp	
8:00					
8:30					
9:00					
9:30	*Silver Sneakers		*Silver Sneakers		*Silver Sneakers
10:00					
10:30					
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3:00	Y Kids Fit	Y Kids Fit	Y Kids Fit	Y Kids Fit	
4:00					Y Teen Open Gym
5:00	Yoga	Body Tone	Yoga	Body Tone	
5:30		Dance Aerobics		Dance Aerobics	
6:00					
6:30					
7:00		** Karate		** Karate	
7:30					

\*Senior Encouraged

\*\*Additional Fee

	Brenton Kenyon
	Lola Irvine
	Marva Jenkins
	Paul Danos

LAUDERHILL COMMUNITY YMCA

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LAUDERHILL, FL 33313

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[www.ymcabroward.org](http://www.ymcabroward.org)