


LaFern Williams South Omaha YMCA • Spring 2010 • PH. # 402-731-3999

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Spinning 9am Casey	**Boot Camp 9am Sam	Spinning 9am Casey	Cardio Boxing 8:30-9am Servando	Spinning 9am Casey
Drop In Basketball 11a-1pm	Drop In Basketball 11a-1pm	Drop In Basketball 11a-1pm	Drop In Basketball 11a-1pm	Drop In Basketball 11a-1pm
Zumba 6-7pm Sandy	Zumba 6-7pm Sandy		Zumba 6-7pm Sandy	
Cycling 7-7:45pm Sam	**Karate 6-6:45pm ~ Kids 7-7:45pm ~ Adults		**Boot Camp 7pm Sam	
				

- Schedule subject to change

-Classes with ** means that there is an additional charge and you must register in advance.

Revised: 10/13/2009