

West YMCA Fitness

Summer Intersession Schedule

August 23 - September 5

Monday
August 23

Pilates
5:45pm

Tuesday
August 24

Yoga
6:30pm

Wednesday
August 25

Cycling
5:45pm

Thursday
August 26

Gliding
6:30pm

All Classes are in the studio



Lussier Family West YMCA
Madison, WI • 608-276-6606

YHEALTH & FITNESS™

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