

**Stoney Creek Express YMCA**  
*Aerobics Summer Schedule*  
**July 2008**

| Sunday | Monday | Tuesday                        | Wednesday                                 | Thursday                                   | Friday | Saturday   |
|--------|--------|--------------------------------|---|--|--------|--|
| 29     | 30     | 1<br><b>No class</b>           | 2   | 3<br><b>No Class</b>                       | 4      | 5  |
| 6      | 7      | 8<br>Sweat!<br>4:30-5:30       | 9<br>Beach Boot<br>Camp<br>10:30-11:30am  | 10<br>Burn-N-Firm<br>4:30-5:30             | 11     | 12   |
| 13     | 14     | 15<br>Step<br>4:30-5:30        | 16<br>Beach Boot<br>Camp<br>10:30-11:30am | 17<br>Thighs, Butt and<br>Gut<br>4:30-5:30 | 18     | 19   |
| 20     | 21     | 22<br>Kickboxing<br>4:30-5:30  | 23<br>Beach Boot<br>Camp<br>10:30-11:30am | 24<br>Sweat!<br>4:30-5:30                  | 25     | 26   |
| 27     | 28     | 29<br>Burn-N-Firm<br>4:30-5:30 | 30<br>Beach Boot<br>Camp<br>10:30-11:30am | 31<br>Step<br>4:30-5:30                    | 1      | 2<br><b>*Note:<br/>No classes<br/>August<br/>4th-8th</b> |