



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEACH FITNESS CLASSES

ISLAND BEACH, THE BOULEVARD MOUNTAIN LAKES

In conjunction with the Mountain Lakes Recreation Department, join us for our “famous” summer yoga and boot camp classes on the beach, weather permitting! Classes begin the week of June 26.

BEACH YOGA

Tuesdays 7:00–8:00am

Instructor: Christina

BEACH BOOT CAMP

Tuesdays 8:15–9:00am

Alternating Instructors:
Jamie & Dottie

Thursdays 8:15–9:00am

Alternating Instructors:
Dawn & Dottie



LAKELAND HILLS FAMILY YMCA

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