



YMCA of Washington County

APRIL FITNESS CLASSES

WELLMAN BRANCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM	TBC (2-3) Wendy Nolan		SPIN (2-3) Wendy Nolan		BODY SCULPT (2) Wendy Nolan	
6:00AM		KICKBOXING (2-3) NEW!! Angie Boyse 30 MINUTES		QUICK SPIN (2) NEW!! Angie Boyse 30 MINUTES		
8:15AM	SENIOR FIT (1-2) Angie Boyse 30 MINUTES		SENIOR FIT (1-2) Angie Boyse 30 MINUTES		SPIN (2-3) Angie Boyse	
8:30AM	QUICK SPIN (1-2) Jamie Clark					
9:00AM	CORE N MORE (2) Jamie Clark					POUND Carmen Fernau
12:15 PM		QUICK SPIN (1-2) Tonia Poole				
4:00PM						
5:00PM			HIIT (30min) (2-3) Kari Spratt			
5:30PM	TBC (2-3) Kari Spratt	SPIN (2-3) Stacy Speas	POUND (30min) (2-3) Carmen Fernau			
6:00PM				CORE N MORE Kelsey McCulley		
6:30PM		YOGA (1-2) Maria Jebens				
7:00PM				QUICK SPIN (1-2) Maria Jebens		

Fitness Class Levels:

- 1) Low intensity and/or low impact
- 2) Moderate intensity and/or moderate impact
- 3) High intensity and/or high impact

