



YMCA of Washington County

July Fitness Classes

WELLMAN

Time	Monday	Tuesday	Wednesday	Thursday	Friday NEW!!!!
5:15 am	TBC (2-3) Wendy Nolan		SPIN (2-3) Wendy Nolan		BOOTCAMP 45 minutes <i>Outside at the MP TRACK</i> Angie Boyse
<u>8:00 am</u> <u>New Time</u>	POWER WALK (2-3) Angie Boyse		BODY FIT (2-3) Angie Boyse		SPIN (2-3) Angie Boyse
9:00 am		SENIOR STRENGTH		SENIOR STRENGTH	
12:15 pm		QUICK SPIN (2-3) Angie Boyse			
5:30 pm	TBC (2-3) YMCA Instructor	SPIN(:45) (2-3) Stacy Speas	SPIN/STRONG (2-3) Lynn Rios		
6:00 pm				BUTTS N' GUTTS (:45) (2-3) Lynn Rios	
6:30 pm		YOGA (1-2) Maria Jebens			

KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 am Elements	POWER YOGA (2-3) Kim Tew	KICKBOXING (2-3) Kim Tew	POWER YOGA (2-3) Kim Tew	KICKBOXING (2-3) Kim Tew	POWER YOGA (2-3) Kim Tew
5:15am Bulltown					
5:30am Bulltown <u>New Time</u>		TBC (:30) (2-3) Marcus Hall		TBC (:30) (2-3) Marcus Hall	
6:00 am Bulltown	QUICK SPIN (2-3) Andrea Duwa		QUICK SPIN (2-3) Andrea Duwa		
10:00 am Elements	Senior Fitness (1) Marcus Hall			Senior Fitness (1) Marcus Hall	
4:30 pm Bulltown					
5:30 pm Bulltown			SPIN (:45) (2-3) Stacy Speas		

Fitness Class Levels:

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