



MCA of Washington County

July Fitness Classes

WASHINGTON Y ON SQUARE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	PWR. PUMP (1-3) Teri Hartzler	BOOT CAMP (2-3) Teri Hartzler	PWR. PUMP (1-3) Teri Hartzler	BOOT CAMP (2-3) Teri Hartzler	SPIN (2-3) Teri Hartzler	
7:00am			PWR. PUMP (1-3) Angie Alberts		PWR. PUMP (1-3) Angie Alberts	
8:00am		BOOT CAMP (2-3) Teri Hartzler		BODY FIT (2-3) Jamie Sobaski		
4:15pm	BODY SCULPT (1-3) Melanie Huschka		BODY SCULPT (1-3) Melanie Huschka			
5:30pm	TBC (2-3) Melanie Huschka		TBC (2-3) Melanie Huschka			
6:30pm						

WASHINGTON - MAIN BLDG.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		SENIOR FIT. (1) Johh Seymore		SENIOR FIT. (1) Johh Seymore		

OUTDOOR BOOT CAMP: Meet at Case Field

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

GROUP FITNESS CLASSES ARE NOW FREE TO MEMBERS!!!

