



YMCA of Washington County

September Fitness Classes

WASHINGTON Y ON SQUARE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	WOD (1-3) Teri Hartzler				SPIN (2-3) Teri Hartzler	
8:15am	BODY FIT (2-3) Mindi Rees	PWR. PUMP (1-3) Mindi Rees		PWR. PUMP (1-3) Mindi Rees		
8:00am						TBC (2-3) Angie Alberts
4:15pm	BODY SCULPT(1-3) Melanie Huschka		BODY SCULPT(1-3) Melanie Huschka			
4:30pm					CORE & PLYO (2-3) Melanie Huschka	
5:15pm			SPIN (2-3) Angie Alberts			
5:30pm	TBC (2-3) Melanie Huschka		TBC (2-3) Melanie Huschka			
	SPIN (1-3) Angie / Cassie					
6:00pm		PWR. PUMP (1-3) Angie Alberts				

WASHINGTON - MAIN BLDG.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		** *BOOT CAMP (2-3) Teri Hartzler		** *BOOT CAMP (2-3) Teri Hartzler		
9:00am						YOGA Jenny Allen
9:30am		SENIOR FIT.(1) John Seymore		SENIOR FIT. (1) John Seymore		

YOGA IS BACK !!! Improve your balance, strength and flexibility. Saturdays @ 9:00am, main building.

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

MEMBER REGISTRATION STARTS THE 15TH OF EACH MONTH! CLASSES ARE FREE TO MEMBERS.