



YMCA of Washington County

APRIL Fitness Classes

KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30am Instructor Location	PWR. YOGA (1-3) Kim Tew Elements	KICK BOXING(1-3) Kim Tew Elements	PWR. YOGA(1-3) Kim Tew Elements	KICK BOXING(1-3) Kim Tew Elements	PWR. YOGA(1-3) Kim Tew Elements	
5:15am Instructor Location	QUICK SPIN (1-2) Andrea Duwa Bulltown :30 min.	TBC (2-3) Marcus Hall Bulltown :30 min.	AB ATTACK (2-3) Carolyn Lucas Bulltown :30 min.	TBC (2-3) Cheyann Adamon Bulltown :30 min.	Spinterval (2-3) Andrea Duwa	
6:00am Instructor Location	QUICK SPIN (1-2) Andrea Duwa Bulltown :30 min.		QUICK SPIN (1-2) Andrea Duwa Bulltown :30 min.			
10:00am Instructor Location	SENIOR FIT. (1) Marcus Hall Library :30 min.			SENIOR FIT. (1) Cheyann Adamon Library :30 min.		
12:15pm Instructor Location						
5:15pm Instructor Location	BW BLAST (1-2) Marcus Hall Bulltown :30 min.					
5:30pm Instructor Location				SPIN (2-3) Stacey Speas Bulltown	BOOTCAMP (3) Kari Horesowsky :60 min	
6:00pm Instructor Location	TBC (2) Cheyann Adamson :30 min		TBC (2-3) Cheyann Adamon Bulltown			

- 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!!!