



YMCA of Washington County

April Fitness Classes

KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am Instructor					SPINTERVAL Marcus/Kelly (:45)	
5:15am Instructor	SPIN Kelly Grout (:30)	TBC Karsen Jehle (:30)	Core & More Marcus Hall (:30)	TBC Karsen Jehle (:30)		
5:30am Instructor		POUND Kimi H. (:30)		POUND Kimi H. (:30)		
6:00am Instructor	SPIN Tina H. (:30)	TBC Karsen Jehle (:30)	SPIN Tina H. (:30)		SPIN Tina H. (:30)	
9:45am Instructor						YOGA Jenny Allen (:60)
10:00am Instructor	SENIOR FIT. Lori Martinez (:30)			SENIOR FIT. Marcus Hall (:30)		
1:45pm MP Early Outs			FIT KIDS Karsen Jehle (:30)			
5:30pm Instructor				SPIN Stacy Speas (:60)		
6:00pm Instructor	ALL YOU Karsen Jehle (:30)					
6:30pm Instructor			POUND Kimi H. (:45)			

Arrive 5-10 minutes before class

Please contact the Y to register for a class - kalonay@washingtoney.org or 319-656-2400

Member registration opens the 15th of each month, nonmember registration opens the 20th

Mid-Prairie February early outs: Apr. 15th and 29th

GROUP FITNESS CLASSES ARE FREE TO MEMBERS!!!