



# YMCA of Washington County

February Fitness Classes KALONA						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4:30am</b>	<b>PWR. YOGA (1-3)</b>	<b>KICKBOXING (1-3)</b>	<b>PWR. YOGA (1-3)</b>	<b>KICKBOXING (1-3)</b>	<b>PWR. YOGA (1-3)</b>	
Instructor	Kim Tew	Kim Tew	Kim Tew	Kim Tew	Kim Tew	
Location	Elements	Elements	Elements	Elements	Elements	
<b>5:15am</b>	<b>QUICK SPIN (1-2)</b>	<b>TBC (2-3)</b>	<b>AB ATTACK</b>	<b>TBC</b>	<b>SPINinterval (2-3)</b>	
Instructor	Andrea Duwa	Marcus Hall	Marcus Hall	Cheyann Adamson	Andrea Duwa	
Location	Bulltown :30 min	Bulltown :30 min	Bulltown :30 min	Bulltown :30 min		
<b>6:00am</b>	<b>QUICK SPIN (1-2)</b>		<b>QUICK SPIN (1-2)</b>	<b>TB STRETCH (1-2)</b>		
Instructor	Andrea Duwa		Andrea Duwa	Cheyann Adamson		
Location	Bulltown :30 min		Bulltown :30 min	Bulltown :30 min		
<b>7:15am</b>						
<b>10:00am</b>	<b>SENIOR FIT. (1)</b>			<b>SENIOR FIT. (1)</b>		
Instructor	Marcus Hall			Marcus Hall		
Location	Library			Library		
<b>5:30pm</b>				<b>SPIN (2-3)</b>		
Instructor				Stacy Speas		
Location				Bulltown		
<b>6:00pm</b>			<b>TBC</b>			
Instructor			Carolyn Lucas			
Location			Bulltown			

- Levels: 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!!!**