



YMCA of Washington County

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

- 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!!!

