



# YMCA of Washington County

## JANUARY Fitness Classes

### WELLMAN BRANCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 am	<b>TBC (45MIN)</b> (2-3) Wendy Nolan		<b>SPIN (45MIN)</b> (2-3) Wendy Nolan		<b>TBC (45MIN)</b> (2-3) Angie Boyse
8:30	<b>YOGA (30MIN)</b> (1-2) Jamie Clark		<b>BODY FIT (60MIN)</b> (2-3) Angie Boyse		<b>SPIN (60MIN)</b> (2-3) Angie Boyse
9:00 am	<b>STRONG (30MIN)</b> (2-3) Jamie Clark	<b>SENIOR STRENGTH (30MIN)</b> (1-2)		<b>SENIOR STRENGTH (30MIN)</b> (1-2)	
12:15 pm		<b>QUICK SPIN (30MIN)</b> (2-3) Angie Boyse		<b>QUICK SPIN (30MIN)</b> (2-3) Jamie Clark	
5:30 pm	<b>STRONG (60MIN)</b> (2-3) Angie Boyse	<b>SPIN (45MIN)</b> (2-3) Stacy Speas	<b>SPIN/STRONG (60MIN)</b> (2-3) Teresa Hartley		
6:00 pm				<b>BUTTS N' GUTTS (45MIN)</b> (2-3) Kelsey McCulley	
6:30 pm		<b>YOGA (1-2)</b> Maria Jebens			
7:00 pm				<b>QUICK SPIN (30MIN)</b> (2-3) Maria Jebens	

Fitness Class Levels:

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