



MCA of Washington County

January Fitness Classes

WASHINGTON Y ON SQUARE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	PWR. PUMP (1-3) Teri Hartzler		SPIN (2-3) Teri Hartzler		SPIN (2-3) Teri Hartzler	
7:30am						TBC (2-3) Angie Alberts
8:15am	BODY FIT (2-3) Tammy Howard		PWR. PUMP (1-3) Mindy Rees			
4:15pm	BODY SCULPT(1-3) Melanie Huschka		BODY SCULPT(1-3) Melanie Huschka	PWR. PUMP (1-3) Angie Alberts		
5:15pm	SPIN (2-3) Angie Alberts		SPIN (2-3) Angie Alberts			
5:30pm	TBC (2-3) Melanie Huschka	AMP (2-3) Angie Alberts	TBC (2-3) Melanie Huschka	AMP (2-3) Angie Alberts		

WASHINGTON - MAIN BLDG.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		BOOT CAMP (2-3) Teri Hartzler		AMP (2-3) Teri Hartzler		
**5:30am			MET/CON (2-3) Greg Wertz			
8:15am					YOGA (1-2) Tammy Howard	
9:30am		SENIOR FIT. (1) Johh Seymore		SENIOR FIT. (1) Johh Seymore		
4:30pm		YOGA (1-2) Tammy Howard				
**5:00pm			MET/CON (2-3) Greg Wertz			
**5:30pm	GYM ROOKIES(1-2) Tammy Valentine			GYM ROOKIES(1-2) Tammy Valentine		

**NEW CLASSES:

GYM ROOKIES : Level 1-2

This class is for anyone wanting to get started! Learn the basics to building strength and endurance. Enjoy the benefits of working out in a comfortable and welcoming atmosphere!

MET/CON: (Metabolic Conditioning) Level 2-3

Combine dynamic strength training and high intensity cardiovascular work to stimulate your metabolism and torch calories, during and hours after!

- 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!!!

