



# YMCA of Washington County

## January Fitness Classes

### WASHINGTON Y ON SQUARE

| Time   | Monday                                     | Tuesday                                | Wednesday                                  | Thursday                               | Friday                             | Saturday                          |
|--------|--|--|--|--|------------------------------------|-----------------------------------|
| 5:15am | <b>POWER BOX(1-3)</b><br>Teri Hartzler     |  |  |  | <b>SPIN (2-3)</b><br>Teri Hartzler |                                   |
| 7:45am |  |  |  |  |                                    | <b>TBC (2-3)</b><br>Angie Alberts |
| 8:15am | <b>BODY FIT (2-3)</b><br>Mindi Rees        | <b>PWR. PUMP (1-3)</b><br>Mindi Rees   |  | <b>PWR. PUMP (1-3)</b><br>Mindi Rees   |                                    |                                   |
| 9:00am |  |  |  |  |                                    | <b>YOGA (1-2)</b><br>Jenny Allen  |
| 3:45pm |  | <b>TEEN EXTREME(1-3)</b><br>Mindi Rees |  | <b>TEEN EXTREME(1-3)</b><br>Mindi Rees |                                    |                                   |
| 4:15pm | <b>BODY SCULPT(1-3)</b><br>Melanie Huschka |  | <b>BODY SCULPT(1-3)</b><br>Melanie Huschka |  |                                    |                                   |
| 5:15pm | <b>SPIN (2-3)</b><br>Angie Alberts         |  | <b>SPIN (2-3)</b><br>Angie Alberts         |  |                                    |                                   |
| 5:30pm | <b>TBC (2-3)</b><br>Melanie Huschka        | <b>TBC (2-3)</b><br>Angie Alberts      | <b>TBC (2-3)</b><br>Melanie Huschka        | <b>TBC (2-3)</b><br>Angie Alberts      |                                    |                                   |

### WASHINGTON - MAIN BLDG.

| Time   | Monday | Tuesday                                 | Wednesday | Thursday                                | Friday | Saturday |
|--------|--------|---|-----------|---|--------|----------|
| 5:15am |        | <b>BOOT CAMP (2-3)</b><br>Teri Hartzler |           | <b>BOOT CAMP (2-3)</b><br>Teri Hartzler |        |          |
| 9:30am |        | <b>SENIOR FIT.(1)</b><br>John Seymore   |           | <b>SENIOR FIT. (1)</b><br>John Seymore  |        |          |

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

**MEMBER REGISTRATION STARTS THE 15TH OF EACH MONTH! CLASSES ARE FREE TO MEMBERS.**