



# YMCA of Washington County

## April Fitness Classes

### KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	<b>VINYASA</b> (YOGA) Instructor: Kim Tew (:45)	<b>KICK BOXING</b> Instructor: Kim Tew (:45)	<b>PWR YOGA</b> Instructor: Kim Tew (:45)	<b>KICK BOXING</b> Instructor: Kim Tew (:45)	<b>PWR VINYASA</b> (YOGA) Instructor: Kim Tew (:45)	
5:15am	<b>SPIN</b> Instructor: Kelly Grout (:30)	<b>TBC</b> Instructor: Becca M. (:30)	<b>SPIN</b> Instructor: Kelly Grout (:30)	<b>TBC</b> Instructor: Marcus Hall (:30)	<b>SPINTERVAL</b> Instructor: Kelly Grout (:45)	
5:15am			<b>CORE &amp; MORE</b> Instructor: Becca M. (:30)			
5:30am	<b>POUND®</b> Instructor: Kimi H. (:30)					
6:00am	<b>SPIN</b> Instructor: Tina H. (:45)		<b>SPIN</b> Instructor: Tina H. (:45)		<b>SPIN</b> Instructor: Tina H. (:30)	
7:00am						<b>YIN</b> (RESTORATIVE YOGA) Instructor: Kim Tew (:75)
8:30am						<b>SENIOR HATHA</b> (BEGINNER YOGA) Instructor: Kim Tew (:60)
9:00am						<b>POUND®</b> Instructor: Kimi H. (:30)
10:00am	<b>SENIOR FIT.</b> Instructor: Marcus Hall (:30)			<b>SENIOR FIT.</b> Instructor: Cheyann A. (:30)		
Child watch	5-7:30pm	5-7:30pm	5-7:30pm	5-7:30pm		
5:30pm				<b>SPIN</b> Instructor: Stacy Speas (:60)		
6:00pm	<b>FLOOR BARRE</b> Instructor: Aubrey Green (:45)	<b>TBC</b> Instructor: Cheyann A. (:30)				
6:30pm			<b>POUND®</b> Instructor: Kimi H. (:30)			

Arrive 5-10 minutes before class

Yoga classes: need to bring yoga mat and yoga blocks

Please contact the Y to register for a class- [kalonay@washingtoney.org](mailto:kalonay@washingtoney.org) or 319-656-2400

Member registration opens the 15th of each month, nonmember registration opens the 20th

Spin class orientations are 15 minutes before class

**GROUP FITNESS CLASSES ARE FREE TO MEMBERS!!!**