



YMCA of Washington County

August Fitness Classes

KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30am Instructor Location	PWR. YOGA (1-3) Kim Tew Elements	KICK BOXING (1-3) Kim Tew Elements	PWR. YOGA (1-3) Kim Tew Elements	KICK BOXING (1-3) Kim Tew Elements	PWR. YOGA (1-3) Kim Tew Elements	
5:15am Instructor Location		TBC (2-3) Becca Ohland Bulltown (:30 min)	BUTTS N GUTTS (2-3) Carolyn Lucas Bulltown (:30 min)	TBC (2-3) Becca Ohland Bulltown (:30 min)	Spinterval (2-3) Marcus/Kelly Bulltown (:45 min)	
6:00am Instructor Location	SPIN (2-3) Tina Hershberger Bulltown (:30 min)		SPIN (2-3) Tina Hershberger Bulltown (:30 min)		SPIN (2-3) Tina Hershberger Bulltown (:30 min)	
10:00am Instructor Location	SENIOR FIT. (1) Cheyann Adamson Library (:30)			SENIOR FIT. (1) Cheyann Adamson Library (:30)		
12:15pm Instructor Location						
5:15pm Instructor Location						
5:30pm Instructor Location				SPIN (2-3) Stacy Speas Bulltown (:45)		
6:00pm Instructor Location						

- 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!!!