



YMCA of Washington County

October Fitness Classes

KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30am	PWR. YOGA (1-3)	KICK BOXING(1-3)	PWR. YOGA(1-3)	KICK BOXING(1-3)	PWR. YOGA(1-3)	
Instructor	Kim Tew	Kim Tew	Kim Tew	Kim Tew	Kim Tew	
Location	Elements	Elements	Elements	Elements	Elements	
5:15am	QUICK SPIN (1-2)	TBC (2-3)	AB ATTACK (2-3)	TBC (2-3)		
Instructor	Andrea Duwa	Marcus Hall	Marcus Hall	Cheyann Adamson		
Location	Bulltown :30 min.	Bulltown :30 min.	Bulltown :30 min.	Bulltown :30 min.		
6:00am	QUICK SPIN (1-2)		QUICK SPIN (1-2)	TB Stretch(1-2)		
Instructor	Andrea Duwa		Andrea Duwa	Cheyann Adamson		
Location	Bulltown :30 min.		Bulltown :30 min.	Bulltown :30 min.		
7:15am			AB ATTACK (1-3)			
Instructor			Cheyann Adamson			
Location			Bulltown :30 min.			
10:00am	SENIOR FIT. (1)			SENIOR FIT. (1)		
Instructor	Marcus Hall			Cheyann Adamson		
Location	Library :30 min.			Library :30 min.		
5:15pm	BW BLAST (1-2)					
Instructor	Marcus Hall					
Location	Bulltown :30 min.					
5:30pm				SPIN (2-3)		
Instructor				Stacey Speas		
Location				Bulltown		
6:30pm						
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!!!