



YMCA of Washington County September Fitness Classes

KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am Instructor	VINYASA (YOGA) Kim Tew (:45)	KICK BOXING Kim Tew (:45)	PWR YOGA Kim Tew (:45)	KICK BOXING Kim Tew (:45)	PWR VINYASA (YOGA) Kim Tew (:45)	
5:15am Instructor	SPIN Andrea D. (:30)	TBC Cheyann A. (:30)	CORE & MORE Marcus Hall (:30)	TBC Marcus Hall (:30)		
6:00am Instructor	SPIN Tina H. (:45)		SPIN Tina H. (:45)		SPIN Tina H. (:30)	
7:00am Instructor						YIN (RESTORATIVE YOGA) Kim Tew (:75)
8:30am Instructor						SENIOR HATHA (BEGINNER YOGA) Kim Tew (:60)
10:00am Instructor	SENIOR FIT. Cheyann A. (:30)			SENIOR FIT. Marcus Hall (:30)		
5:30pm Instructor	TBC Marcus Hall (:30)			SPIN Stacy Speas (:60)		
6:30pm Instructor			POUND® Kimi H. (:45)			

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@washingtonty.org or 319-656-2400

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

GROUP FITNESS CLASSES ARE FREE TO MEMBERS!!!