



# YMCA of Washington County

## March Fitness Classes

### WASHINGTON Y ON SQUARE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	BODY SCULPT(1-3) Teri Hartzler				SPIN (2-3) Teri Hartzler	
7:30am						TBC (2-3) Angie Alberts
8:15am	BODY FIT (2-3) Tammy Howard	PWR. PUMP (1-3) Mindy Rees		PWR. PUMP (1-3) Mindy Rees		
4:15pm	BODY SCULPT(1-3) Melanie Huschka		BODY SCULPT(1-3) Melanie Huschka			
5:15pm			SPIN (2-3) Angie Alberts			
5:30pm	TBC (2-3) Melanie Huschka		TBC (2-3) Melanie Huschka			
6:00pm	SPIN (2-3) Angie Alberts	AMP (2-3) Angie Alberts		AMP (2-3) Angie Alberts		

### WASHINGTON - MAIN BLDG.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		BOOT CAMP (2-3) Teri Hartzler		AMP (2-3) Teri Hartzler		
8:15am					YOGA (1-2) Tammy Howard	
9:30am		SENIOR FIT. (1) Johh Seymore		SENIOR FIT. (1) Johh Seymore		
4:30pm		YOGA (1-2) Tammy Howard				
**5:30pm	GYM ROOKIES(1-2) Tammy Valentine			GYM ROOKIES(1-2) Tammy Valentine		
**6:00pm			MET/CON (2-3) Greg Wertz			

#### \*\*NEW CLASSES:

##### GYM ROOKIES : Level 1-2

This class is for anyone wanting to get started! Learn the basics to building strength and endurance.

Enjoy the benefits of working out in a comfortable and welcoming atmosphere!

##### MET/CON: (Metabolic Conditioning) Level 2-3

Combine dynamic strength training and high intensity cardiovascular work to stimulate your metabolism and torch calories, during and hours after!

- Levels: 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!!!**



