



YMCA of Washington County

March Fitness Classes

WASHINGTON Y ON SQUARE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	POWER BOX(1-3) Teri Hartzler				SPIN (2-3) Teri Hartzler	
7:45am						TBC (2-3) Angie Alberts
8:15am	BODY FIT (2-3) Mindi Rees	PWR. PUMP (1-3) Mindi Rees		PWR. PUMP (1-3) Mindi Rees		
3:45pm		TEEN EXTREME(1-3) Mindi Rees	(through 3/14/19)	TEEN EXTREME(1-3) Mindi Rees	(through 3/14/19)	
4:15pm	BODY SCULPT(1-3) Melanie Huschka		BODY SCULPT(1-3) Melanie Huschka			
4:30pm					CORE & PLYO (2-3) Melanie Huschka	
5:15pm	SPIN (2-3) Cassie Goodwin		SPIN (2-3) Angie Alberts			
5:30pm	TBC (2-3) Melanie Huschka	TBC (2-3) Angie Alberts	TBC (2-3) Melanie Huschka	TBC (2-3) Angie Alberts		

WASHINGTON - MAIN BLDG.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		BOOT CAMP (2-3) Teri Hartzler		BOOT CAMP (2-3) Teri Hartzler		
9:00am						YOGA (1-3) Jenny Allen
9:30am		SENIOR FIT.(1) John Seymore		SENIOR FIT. (1) John Seymore		
6:00pm		B-Fit (1-2) Jolleen Cerka		B-Fit (1-2) Jolleen Cerka		

NEW CLASS: B-Fit - This beginner class focuses on all major muscle groups to improve muscular strength, endurance and cardiovascular fitness.

- Levels:
- 1) Low intensity and / or low impact
 - 2) Moderate intensity and / or low impact
 - 3) High intensity and / or high impact

MEMBER REGISTRATION STARTS THE 15TH OF EACH MONTH! CLASSES ARE FREE TO MEMBERS.