



YMCA of Washington County

November 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 (:30)	TBC Becca Ohland (:30)	BUTTS N GUTS Carolyn Lucas (:30)	TBC Becca Ohland (:30)	SPINTERVAL Marcus/Kelly (:45)	
6:00am Instructor	SPIN Tina H. (:45)		SPIN Tina H. (:45)		SPIN Tina H. (:45)	
6:00am Instructor	POUND® Kimi Hernandez (:30)					
7:00am Instructor						YIN (RESTORATIVE YOGA) Kim Tew (:75)
Child watch	8:00-10:00am	8:00-10:00am	8:00-10:00am	8:00-10:00am		
8:30am Instructor	PWR PUMP Carolyn Lucas (:30)	BOOT CAMP Marcus Hall (:60)	SPIN Andrea (:30)	CARDIO BLAST Cheyann A. (:30)		SENIOR HATHA (YOGA) Kim Tew (:45)
10:00am Instructor	SENIOR FIT. Marcus Hall (:30)			SENIOR FIT. Cheyann A. (:30)		
Child watch	5-7:30pm	5-7:30pm	5-7:30pm	5-7:30pm		
5:30pm Instructor				SPIN Stacy Speas (:60)		
6:00pm Instructor	FLOOR BARRE Aubrey Green (:45)	TBC Becca Ohland (:30)				
6:30pm Instructor			POUND® Kimi Hernandez (:30)			

Arrive 5-10 minutes before class

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 22nd

Spin class orientations are 15 minutes before class

GROUP FITNESS CLASSES ARE FREE TO MEMBERS!!!