



YMCA of Washington County

NOVEMBER Fitness Classes

WELLMAN BRANCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 am	TBC (45MIN) (2-3) Wendy Nolan		SPIN (45MIN) (2-3) Wendy Nolan		TBC (45MIN) (2-3) Angie Boyse
8:30	STRONG (30MIN) (2) Jamie Clark		BODY FIT (60MIN) (2-3) Angie Boyse		SPIN (60MIN) (2-3) Angie Boyse
9:00 am	RELAX & ROLL (30MIN) Jamie Clark	SENIOR STRENGTH (30MIN) (1-2)		SENIOR STRENGTH (30MIN) (1-2)	
12:15 pm		QUICK SPIN (30MIN) (2-3) Angie Boyse			
5:30 pm	STRONG (60MIN) (2-3) Kari Horesowsky	SPIN (45MIN) (2-3) Stacy Speas	STRONG (60MIN) (2-3) Angie Boyse		
6:00 pm				BUTTS N' GUTTS (45MIN) (2-3) Kelsey McCulley	
6:30 pm		YOGA (1-2) Maria Jebens			
7:00 pm				QUICK SPIN (2-3) Maria Jebens	

Fitness Class Levels:

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

