



YMCA of Washington County

October Fitness Classes

WASHINGTON Y ON SQUARE

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

WASHINGTON - MAIN BLDG.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				

NEW CLASSES:

YOGA IS BACK!!!!

Lengthen and strengthen your muscles, as you rejuvenate your mind & body. Yoga is for everyone!

BODYWEIGHT (BW) BLAST :

Challenge your muscles with your own bodyweight and suspension training. This intermediate class offers a full body workout!

- 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!!!

