



YMCA of Washington County

September Fitness Classes

KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:30am Instructor	PWR YOGA (2-3) Kim Tew (:60)	KICK BOXING (2-3) Kim Tew (:60)	PWR YOGA (2-3) Kim Tew (:60)	KICK BOXING (2-3) Kim Tew (:60)	PWR YOGA (2-3) Kim Tew (:60)
5:15am Instructor		TBC (2-3) Becca Ohland (:30)	BUTTS N GUTTS (2-3) Carolyn Lucas (:30)	TBC (2-3) Becca Ohland (:30)	Spinterval (2-3) Marcus/Kelly (:60)
5:50am Instructor		Recovery/Stretch Becca Ohland (:20)		Recovery/Stretch Becca Ohland (:20)	
6:00am Instructor	SPIN (2-3) Tina/Andrea (:60)		SPIN (2-3) Tina/Andrea (:60)		SPIN (2-3) Tina/Andrea (:60)
10:00am Instructor	SENIOR FIT. (1) Cheyann A. (:30)			SENIOR FIT. (1) Cheyann A. (:30)	
5:30pm Instructor				SPIN (2-3) Stacy Speas (:60)	
6:00pm Instructor	DANCE FIT (2-3) Aubrey Green (:45)	TBC (2-3) Cheyann A. (:30)	BUTTS N GUTTS (2-3) Becca Ohland (:30)	TBC (2-3) Marcus Hall (:30)	
6:40pm Instructor		Recovery/Stretch Cheyann A. (:30)		Recovery/Stretch Marcus Hall (:20)	

- 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!!!