



MCA of Washington County

September Fitness Classes

WASHINGTON Y ON SQUARE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	BODY SCULPT(1-3) Teri Hartzler	BOOT CAMP (2-3) 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) Jamie / Mindy	PWR. PUMP (1-3) Mindy Rees		PWR. PUMP (1-3) Mindy Rees		
4:15pm	BODY SCULPT(1-3) Melanie Huschka		BODY SCULPT(1-3) Melanie Huschka			
5:15pm	SPIN (2-3) Teri Hartzler		SPIN (2-3) Angie Alberts			
5:30pm	TBC (2-3) Melanie Huschka		TBC (2-3) Melanie Huschka			
6:00pm		TBC (2-3) Angie Alberts				

WASHINGTON - MAIN BLDG.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		SENIOR FIT. (1) Johh Seymore		SENIOR FIT. (1) Johh Seymore		
5:30pm	GYM ROOKIES(1-2) Tammy Valentine		GYM ROOKIES(1-2) Tammy Valentine			
6:00pm						

**BOOT CAMP - Join us outdoors 5:15am T/TH at Case Field Track.
(Rain location will be at the Y on the square)**

- 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.

