



YMCA of Washington County

JANUARY Fitness Classes

WELLMAN BRANCH

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

