



# YMCA of Washington County

## FEBRUARY Fitness Classes

### WELLMAN BRANCH

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

