



YMCA of Washington County

March Fitness Classes

WELLMAN BRANCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:15 am	TBC (2-3) Wendy Nolan		SPIN (2-3) Wendy Nolan		TBC (2-3) Angie Boyse	
8:30	BODY SCULPT (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 FIT (1-2) Angie Boyse		SENIOR FIT (1-2) Angie Boyse		
12:15 pm		QUICK SPIN (1-2) Angie Boyse				
2:30 pm						POUND (NEW) (1-2) Carmen Fernau 30 minutes
5:30 pm	TBC (2-3) Angie Boyse	SPIN (2-3) Stacy Speas	POUND (NEW) (1-2) Carmen Fernau 30 minutes			
6:00 pm				Core N More (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