



YMCA of Washington County

October Fitness Classes

WELLMAN BRANCH

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 am	TBC (45MIN) (2-3) Wendy Nolan		SPIN (45MIN) (2-3) Wendy Nolan		TBC (45MIN) (2-3) Angie Boyse
8:30	YOGA (30MIN) (1-2) Jamie Clark		BODY FIT (60MIN) (2-3) Angie Boyse		SPIN (60MIN) (2-3) Angie Boyse
9:00 am		SENIOR STRENGTH (30MIN) (1-2)		SENIOR STRENGTH (30MIN) (1-2)	
12:15 pm		QUICK SPIN (30MIN) (2-3) Angie Boyse		QUICK SPIN (30MIN) (2-3) Jamie Clark	
5:30 pm	TBC (60MIN) (2-3) YMCA Instructor	SPIN (45MIN) (2-3) Stacy Speas	SPIN/STRONG (60MIN) (2-3) Lynn Rios		
6:00 pm				BUTTS N' GUTTS (45MIN) (2-3) Lynn Rios	
6:30 pm		YOGA (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

