



# YMCA of Washington County

## October Fitness Classes

### KALONA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:30am Instructor	<b>PWR YOGA</b> Kim Tew (:60)	<b>KICK BOXING</b> Kim Tew (:60)	<b>PWR YOGA</b> Kim Tew (:60)	<b>KICK BOXING</b> Kim Tew (:60)	<b>PWR YOGA</b> Kim Tew (:60)
5:15am Instructor	<b>SPIN</b> Andrea (:30)	<b>TBC</b> Becca Ohland (:30)	<b>BUTTS N GUTTS</b> Carolyn Lucas (:30)	<b>TBC</b> Becca Ohland (:30)	<b>SPINTERVAL</b> Marcus/Kelly (:45)
6:00am Instructor	<b>SPIN</b> Tina H. (:45)		<b>SPIN</b> Tina H. (:45)		<b>SPIN</b> Tina H. (:45)
Child watch	**Child watch 8-10am	**Child watch 8-10am	**Child watch 8-10am	**Child watch 8-10am	
8:30am Instructor	<b>PWR PUMP</b> Carolyn Lucas (:30)	<b>BOOT CAMP</b> Marcus Hall (:60)	<b>SPIN</b> Andrea (:30)	<b>Cardio Blast</b> Cheyann A. (:30)	
10:00am Instructor	<b>SENIOR FIT.</b> Marcus Hall (:30)			<b>SENIOR FIT.</b> Cheyann A. (:30)	
Child watch	**Child watch 5-7:30pm	**Child watch 5-7:30pm	**Child watch 5-7:30pm	**Child watch 5-7:30pm	
5:30pm Instructor				<b>SPIN</b> Stacy Speas (:60)	
6:00pm Instructor	<b>FLOOR BARRE</b> Aubrey Green (:45)	<b>TBC</b> Cheyann A. (:30)	<b>BUTTS N GUTTS</b> Becca Ohland (:30)	<b>TBC</b> Marcus Hall (:30)	

Arrive 5-10 minutes before class

Please contact the Y to register for a class- [kalonay@washingtonty.org](mailto:kalonay@washingtonty.org) or 319-656-2400

Spin class orientations are 15 minutes before class

**GROUP FITNESS CLASSES ARE FREE TO MEMBERS!!!**