

GROUP FITNESS for HEALTHY LIVING



Studio B Schedule for March 5 – June 9, 2012

Monday

5:30am-6:15am Spin w/ Shari

8:15am-9am Spin w/Terry

9am-9:45 am Strength Training w/Terry

Thursday

8:15am-9am Spin w/Jen

5pm-6pm Spin w/Kelly

Tuesday

8:15am-9am Spin w/Kristina

5pm-6pm Spin w/Kelly

Follow us on Facebook to keep up to date
on class changes and cancellations.

KFalls Y Spin Class

Wednesday

5:30am-6:15am Spin w/ Shari

8:15am-9am Spin w/Terry

9am-9:45am Strength Training w/Terry

Friday

5:30am-6:15am Spin w/ Shari

8:15am-9am Spin w/Terry

9am-9:45am Strength Training w/Terry



Classes may be cancelled without notice due to lack of participation. In order for a class to remain on the schedule it must average at least 7 participants per class. If there are less than 3 participants the instructor does not have to stay and teach the class.

**The Y of Klamath Falls 1221 S. Alameda Klamath Falls, OR. 97603
541-884-4149 www.kfallsymca.org**

Updated
3/01/12

Class Descriptions - Studio B

Spin- A great cardio workout. Tough with no frills.

Strength Training- Total body workout with weights.

Classes may be cancelled without notice due to lack of participation. We must keep an average of 3 participants per class.

Our Wonderful YMCA Instructors

Terry - NETA certified Personal Trainer, Yoga instructor, and an ACE certified Spin instructor.

Kelley - YMCA certified Group Fitness instructor.

Jen- Spin Instructor

Kristina- Spin Instructor

Shari - Spin Instructor