



COUNTRYSIDE YMCA | LANDEN

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:20A Muscle Max Anna (B)		5:30-6:20A Boot Camp Anna (B)	5:30-6:20A Muscle Max Anna (B)	5:10-6:00A Cardio Core Jamie E. (B)	
					8:00-8:50A Muscle Max Carrie (B)
9:15-10:05A Cardio Mix Carrie (B)	9:15-10:05A Power Core Carrie (B)	9:15-10:05A Cardio Mix Erin (B)	9:15-10:05A Muscle Max Carrie (B)	9:15-10:30A Warm Yoga \$ Karen (S)	9:15-10:05A Muscle Max Carrie (B)
9:15-10:30A Yoga \$ Juli (S)	9:15-10:30A Hot Yoga \$ Christy (S)	9:15-10:00A Cycle Spin \$ Rich (A)	9:15-10:30A Hot Yoga \$ Deanna (S)	9:15-9:45A Tabata Carrie (B)	
9:15-10:15A Zumba Tobi (A)	9:30-10:15A TRX \$ Erin (A)	9:30-11:30A MOPS \$ Jess (S) 1 st /3 rd of each month	9:30-10:15A TRX \$ Erin (A)	9:15-10:15A Zumba Latasha (A)	9:30-10:00A Kid Fit Ages 3-6 Staff (A)
		9:15-10:15A Warm Yoga 20* Christy (S) 2/8 & 2/22 only *see class dates on back		9:45-10:10A Abs & Glutes Carrie (B)	10:15-11:15A Zumba Tobi (B)
10:15-11:05A Muscle Max Carrie (B)	10:30-11:30A Barre Core \$ Jess (A)	10:15-11:05A Muscle Max Erin (B)		10:30-11:30A HIT Barre \$ Jen (A)	10:30-11:30A Kids Cardio Club Ages 7-12 Staff (A)
	11:00-11:45A Kindermusik \$ Ages 2-3 parent/child Cathy (S)				11:30-12:00P Zumba Toning Tobi (B)
	12:00-12:45P Kindermusik \$ Ages 4-5 Cathy (S)				
6:00-6:30P Kid Fit Ages 3-6 Libby (A)		6:00-6:30P Kid Fit Ages 3-6 Libby (A)	5:30-6:30P Bible Study Sherry (S)		
6:00-6:50P Intervals Jamie E. (B)	6:00-7:00P Total Body Barre \$ Janelle (A)		6:00-7:00P HIT Barre \$ Jen (A)		
	6:00-7:00P Self Defense \$ 5 week class Dr. Bobbert (B)	6:00-6:50P Muscle Max Karen (B)	6:00-6:50P INSANITY LIVE Tim (B)	LOCATIONS (A)- Studio A (B) - Studio B (S) - Spirit Studio (O)- Outdoor Program FEES \$ - Class is an additional fee	
7:00-7:45P TRX \$ Erin (A)	7:05-8:05P Tai Chi \$ 5 week class Dr. Bobbert (A)		7:30-8:45P An Overview of the Bible Feb 16-Apr. 13 Billy/Jerry (S)		
7:00-8:00P Zumba Jamie M. (B)	7:15-8:15P Archery \$ 5 week class Rick (B)	7:00-8:00P Zumba Jamie M. (B)			