



# COUNTRYSIDE YMCA | LANDEN

APRIL 2017

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