

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Game of Your Choice 1-3p August Birthday Celebrations	2 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00	3 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Ask-A-PT 10-11a Wednesday Wits Workouts 9:30-11:00am "Y-Sew-Fun" Sewing Group, 12:00p	4 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a	5 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	6
7 Pickleball, 1:00p-3:00p LL Gym	8 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Explore the Nature Trails of the YMCA 10-11:30a Mexican Train Dominoes 10-12p Movie and Popcorn 'Secondhand Lions' 1-3p	9 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00	10 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Wednesday Wits Workouts 9:30-11:00am "Y-Sew-Fun" Sewing Group, 12:00p	11 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	12 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	13
14 Pickleball, 1:00p-3:00p LL Gym	15 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Game of Your Choice 1-3p CarFit 9-1pm Outdoor Pool Parking Lot	16 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00	17 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Wednesday Wits Workouts 9:30-11:00am Medicare and Muffins 9:30-11:30a "Y-Sew-Fun" Sewing Group, 12:00p	18 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	19 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Medicare and Muffins 9:30-11:30a Findlay Market and Rookwood Pottery day trip 10-4pm	20
21 Pickleball, 1:00p-3:00p LL Gym	22 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Safe Medication Practices for Better Health 10-11:30	23 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00	24 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo! Cost \$3 10-11:30am "Y-Sew-Fun" Sewing Group, 12:00p	25 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	26 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Stepping On 9:30-11:30am LL Henkle room	27
28 Pickleball, 1:00p-3:00p LL Gym	29 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mexican Train Dominoes 10-12p	30 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00	31 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Medicare and Muffins 9:30-11:30a "Y-Sew-Fun" Sewing Group, 12:00p Wednesday Wits Workouts 9:30-11:00a			



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I & 2 - | August 29- December 1 STOLLE CENTER FITNESS DAY PLANNER

MONDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	\$48	
Time to Stretch	8:00	30	SS	Tracy	A		
Senior Strive Circuit	8:30	30	SFR	Tracy	A		
Aquasize	9:00	50	SCP	Bonnie	2	\$42	
Stretch, Tone & Balance	9:00	30	LLS	Tracy	1		
Renew Yoga	9:15	60	SS	Reema	A	\$63	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2		
Senior Sit-&-Tone	10:45	30	S1	Kendal	1		
Zumba Basics	11:30	45	S2	Staff	A		

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Jillian	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Active Flow Yoga	6:00	60	SS	Karen	1	\$63	
Rocking the Waves	6:15	60	SCP	Beckie	2		
Hi/Lo Aerobics	6:30	50	S1	Gloria	1-2		

TUESDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Tracy	A	\$48	
Aquasize	9:00	50	SCP	Tracy	2	\$42	
Total Body Conditioning	9:15	60	SFR	Bill	A		
Yin Yoga	9:15	60	SS	Laura	A	\$72	
Aqua Stretch N Tone	10:05	30	SCP	Tacy	1	\$35	

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	A	\$72	
Shape With Weights	6:00	50	S2	Gloria	1-2		
Hydro Burn	6:15	60	SCP	Janis	3	\$48	

WEDNESDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Sue	A	\$48	
Time to Stretch	8:00	30	SS	Connie	A		
Senior Strive Circuit	8:30	30	SFR	Tracy	A		
Aquasize	9:00	50	SCP	Jane	2	\$42	
Stretch, Tone & Balance	9:00	30	LLS	Tracy	1		
Gentle Pilates	10:30	60	SS	Connie	A	\$72	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2		
Senior Sit-&-Tone	10:45	30	S1	Kendal	1		
Zumba Basics	11:30	45	S2	Chiaki	A		

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Jillian	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Active Flow Yoga	6:00	60	SS	Kathy	2	\$42	
Rocking the Waves	6:15	60	SCP	Rhonda	A	\$72	

THURSDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Tracy	A	\$48	
Aquasize	9:00	50	SCP	Tracy	2	\$42	
Total Body Conditioning	9:15	60	SFR	Bill	A		
Yoga Flow	9:15	60	SS	Jennifer	A	\$63	
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$35	

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Shape With Weights	6:00	50	S2	Gloria	1-2		
Hydro Burn	6:15	60	SCP	Janis	3	\$48	

FRIDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	\$48	
Time to Stretch	8:00	30	SS	Kelly R	A		
Senior Strive Circuit	8:30	30	SFR	Kelly R	A		
Aquasize	9:00	50	SCP	Bonnie	2	\$42	
Stretch, Tone & Balance	9:00	30	LLS	Kelly R	1		
Gentle Yoga	9:15	60	SS	Traxi	A	\$72	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2		
Senior Sit-&-Tone	10:45	30	S1	Christina	1		

SATURDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Yoga Flow	8:45	60	SS	Hannah	A	\$63	
Hi/Lo Aerobics	10:15	50	S2	Kelly R	1-2		

KEY

ROOMS

CTR Circuit Training Room
CP Competition Pool
FAC Family Aquatic Center
IP Instructional Pool
LG1 Lower Level Mini Gym
LLS Lower Level Studio
SS Spirit Studio
SFR Starter Fitness Room
SCP Stolle Center Pool
S1 Studio 1
S2 Studio 2
S3 Studio 3

INTENSITY LEVELS

A All Fitness Levels
1 Beginner
2 Intermediate
3 Advanced

All land fitness classes are for ages 13+ unless otherwise noted.
All water fitness classes are ages 18+

FEES

Program Members can take a Specialty Fitness Class by signing up for the session.

- Water Fitness Class
- Age Limit