



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall 1 & 2 Fitness Day Planner

August 28 - December 17, 2023  
Countryside YMCA | Landen

## MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Muscle Max	5:30	50	LSB	Emma	2-3	
Cardio Mix	9:15	50	LSB	Carrie	A	
Zumba	9:15	60	LSA	Chiaki	A	
Muscle Max	10:15	50	LSB	Carrie	2-3	
EVENING	START	🕒	ROOM	LED BY	IL	
Pound	4:30	60	LSB	Olivia	A	
Muscle Max	5:45	50	LSB	Colleen	2-3	
Zumba	7:00	60	LSB	Jamie	A	

## TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intervals	5:30	45	LSB	Emma	2-3	
Cardio Sculpt	9:15	50	LSB	Carrie	A	
Active Seniors	9:15	60	MPS	Holly	1-2	50+
TRX	9:30	45	LSA	Erin	A	
Gentle Yoga	10:30	60	MPS	Jen	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Judo*	5:00	60	LSD	Peter	2	

\*\$79 members, \$102 program members

Barre	6:00	60	LSA	Janelle	A	
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## WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Bootcamp	5:30	50	LSB	Sarah	2-3	
Cardio Mix	9:15	50	LSB	Erin	A	
Muscle Max	10:15	50	LSB	Erin	2-3	
EVENING	START	🕒	ROOM	LED BY	IL	
Pound	4:30	60	LSB	Amanda	A	Starts 9/13
Muscle Max	5:45	50	LSB	Amanda	2-3	
Zumba	7:00	60	LSB	Jamie	A	

## THURSDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Muscle Max	5:30	50	LSB	Sarah	2-3	
Active Seniors	9:15	60	MPS	Holly	1-2	50+
Muscle Max	9:15	50	LSB	Carrie	2-3	
TRX	9:30	45	LSA	Erin	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Judo*	5:00	60	LSD	Peter	2	

\*\$79 members, \$102 program members

Cardio Sculpt	5:45	50	LSB	Colleen	A	
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## FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Zumba	9:00	60	LSB	Chiaki	A	
Hot Active Flow Yoga	9:15	75	MPS	Karen	A	
Cardio Mix	10:15	50	LSB	Erin	A	

## SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	
Muscle Max	7:45	50	LSB	Carrie	2-3	
Muscle Max	9:15	50	LSB	Carrie	2-3	

## KEY

### ROOMS

LSA Landen Studio A  
LSB Landen Studio B  
MPS Multipurpose Studio  
LSD Landen Studio D

### INTENSITY LEVELS

A All Fitness Levels  
1 Beginner  
2 Intermediate  
3 Advanced

All fitness classes are for ages 13+ unless otherwise noted. 50+ Age Limit

\* PROGRAM MEMBERS SEE PROGRAM GUIDE FOR CLASS FEES



## EASY AS 1-2-3

1. Download the Countryside YMCA app on your smartphone
2. Create an account and login
3. Browse and book your class

RESERVE  
YOUR  
SPOT



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