



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2024-2025 School Year Fitness Day Planner

November 1 – December 31, 2024
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	
Renew Yoga	6:00	60	MPS	Reema	A	
Zumba	7:00	60	LSB	Jamie	A	

TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Muscle Max Express	5:30	30	LSB	Amanda	A	
Abs & Glutes	6:05	30	LSB	Amanda	A	
Active Seniors	9:15	60	MPS	Holly	1-2	50+
Cardio Sculpt	9:15	50	LSB	Carrie	A	
TRX	9:30	45	LSA	Erin	A	
Gentle Yoga	10:30	60	LSD	Jennifer	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Barre	6:00	60	LSA	Janelle	A	

WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Boot Camp	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	
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	
Muscle Max Express	8:00	30	LSB	Carrie	A	
Abs & Glutes	8:35	30	LSB	Carrie	A	
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	
Barre	10:30	60	LSA	Jennifer	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Cardio Sculpt	5:45	50	LSB	Colleen	A	

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

**RESERVE
YOUR
SPOT**



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.



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