



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2024-2025 School Year Fitness Day Planner

November 1 – December 31, 2024
Countryside YMCA | Lebanon

MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cycle Spin	5:15	45	S3	Jill	3	
Muscle Max	6:00	50	S2	Kelly	2-3	
Intro to Muscle Max	8:00	50	S2	Judy	1-2	
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	
Time to Stretch	8:00	30	SS	Susan	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Cross Training	9:15	50	S1	Kendal	A	
Cycle Spin	9:15	45	S3	Mo	3	
Muscle Max	9:15	50	S2	Mikhael	2-3	
Renew Yoga	9:15	60	SS	Staff	A	
Gentle Pilates	9:45	60	LLS	Susan	A	
Liquid Cardio	10:15	60	CP	Laura	3	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Community Arthritis Plus	11:00	45	SCP	Anita	1	
Zumba Basics	11:30	45	S2	Holly	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Core De Force	5:30	45	S1	Tim	A	
Strong Core & Body	5:30	45	S2	Mo	3	
Active Flow Yoga	6:00	75	SS	Karen	A	
Total Body Conditioning	6:00	60	SFR	Staci	A	
Rocking the Waves	6:15	60	SCP	Becky	2	
Cycle Spin	6:30	45	S3	Mo	3	
Strong	6:30	45	S1	Tina	A	
Muscle Max	7:00	50	S2	Olivia	2-3	
Zumba	8:00	60	S1	Terrie	A	

TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cardio Core	5:15	45	S2	Anna	3	
Yogalates	6:00	60	SS	Rhonda B		
Intro to Water Fitness	8:00	45	SCP	Tracy	A	
Aquasize	9:00	50	SCP	Tracy	2	
AO (All Out) HIIT	9:15	60	S1	Jamie E	2-3	
Cycle Spin	9:15	45	S3	Jamie B	3	
Muscle Max	9:15	50	S2	Destiny	2-3	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Yin Yoga	9:15	60	SS	Laura	A	
Zumba	9:15	60	LLS	Bea	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	
Liquid Cardio	10:15	60	CP	Jane C	3	
Boxing Fitness	10:30	30	S3	Staff	A	
Power Core on Ball	10:30	45	S2	Jamie B	A	
Community Arthritis Release	11:00	45	SCP	Tracy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Intro Youth Weight Training	4:30	60	SFR	Staff	2-3	
Zumba	4:45	60	S2	Chiaki	A	
TRX	5:00	45	S1	Monica	A	
Slow Flow Yoga	5:45	60	SS	Jennifer	A	
AO (All Out) HIIT	6:00	50	S1	Cristen	2-3	
Cycle Spin	6:00	45	S3	Carrie	3	
Shape with Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Janis	3	
Muscle Max	7:15	50	S2	Carrie	2-3	
Zumba	7:15	60	S1	Terrie	A	

WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cycle Spin	5:15	45	S3	Jill	3	
Sunrise Splash	6:50	40	SCP	Laurie	A	
Intro to Water Fitness	8:00	45	SCP	Sue	A	
Time to Stretch	8:00	30	SS	Susan	A	
Aquasize	9:00	50	SCP	Marsha	2	
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Cross Training	9:15	50	S1	Kendal	A	
Cycle Spin	9:15	45	S3	Renee	3	
Muscle Max	9:15	50	S2	Mikhael	2-3	
Liquid Cardio	10:15	60	CP	Marsha	3	
Gentle Pilates	10:30	60	SS	Susan	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Community Arthritis Plus	11:00	45	SCP	Anita	1	
Zumba Basics	11:30	45	S2	Chiaki	A	
EVENING	START	🕒	ROOM	LED BY	IL	
P90X Live!	5:30	60	S1	Tim	A	
Strong Core & Body	5:30	45	S2	Mo	3	
Rocking the Waves	6:15	60	SCP	Rhonda K	2	
Cycle Spin	6:30	45	S3	Mo	3	
Yogalates	6:30	60	SS	Rhonda B	A	
Muscle Max	7:00	50	S2	Olivia	2-3	

THURSDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
TRX	5:30	45	S1	Monica	A	
Muscle Max	6:00	50	S2	Kelly	2-3	
Yogalates	6:00	60	SS	Rhonda B	A	
Intro to Water Fitness	8:00	45	SCP	Tracy	A	
Aquasize	9:00	50	SCP	Tracy	2	
Cardio Kickbox Strength	9:15	60	S1	Jamie E	2-3	
Muscle Max	9:15	50	S2	Destiny	2-3	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Slow Flow Yoga	9:15	60	SS	Jennifer	A	
Zumba	9:15	60	LLS	Bea	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	
Liquid Cardio	10:15	60	CP	Laura	3	
Barre	10:30	60	SS	Janelle	A	
Boxing Fitness	10:30	30	S3	Staff	A	
Power Core on Ball	10:30	45	S2	Jennifer	A	
Community Arthritis Release	11:00	45	SCP	Tracy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	4:45	60	S2	Chiaki	A	
Cardio Kickbox Strength	6:00	50	S1	Cristen	2-3	
Cycle Spin	6:00	45	S3	Walter	3	
Shape with Weights	6:00	50	S2	Gloria	1-2	
Yoga Flexibility & Strength	6:00	60	SS	Susan	A	
Hydro Burn	6:15	60	SCP	Janis	3	
Muscle Max Express	7:00	30	S2	Olivia	A	
Pound	7:35	30	S2	Olivia	A	
Zumba	7:15	60	S1	Terrie	A	

KEY

ROOMS

CSCS CSC Studio	SS Spirit Studio
CP Competition Pool	SFR Starter Fitness Room
FAC Family Aquatic Center	SCP Stolle Center Pool
IP Instructional Pool	S1 Studio 1
LG1 Lower Level Mini Gym	S2 Studio 2
LLS Lower Level Studio	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.

Age Limit

Water Fitness Class

* PROGRAM MEMBERS SEE PROGRAM GUIDE FOR CLASS FEES

UPDATED 11.01.24

FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cardio Core	5:15	45	S2	Anna	3	
Sunrise Splash	6:50	40	SCP	Laurie	A	
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	
Time to Stretch	8:00	30	SS	Kelly	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone & Balance	9:00	30	LLS	Kelly	1	
Cross Training	9:15	50	S1	Destiny	A	
Cycle Spin	9:15	45	S3	Mo	3	
Muscle Max	9:15	50	S2	Sheila	2-3	
Gentle Yoga	9:15	60	SS	Tracy	A	
Liquid Cardio	10:15	60	CP	Brionne	3	
Barre	10:30	60	SS	Mikhael	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Destiny	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	6:00	60	S2	Terrie	A	

SATURDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cycle Spin	7:45	45	S3	Shannon	3	
Yoga Flow	8:45	60	SS	Hannah	A	
Intro to Spin	9:00	45	S3	Shannon	A	
Muscle Max	9:00	50	S2	Kelly	2-3	
Strong	9:30	45	S1	Tina	A	
Hi/Lo Aerobics	10:15	50	S2	Kelly	1-2	

SUNDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Zumba Toning	1:15	30	S1	Terrie	A	
Family Yoga	2:00	60	SS	Staff	A	
Zumba	2:15	60	S1	Terrie	A	



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

