

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Table Tennis, 7:30-10:00am, Mini Gym Free Ask-A-Physical Therapist & Blood Pressure Screenings, 10:00-11:00a, Stolle Center Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	2 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	3 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	4
5	6 May Birthday Celebrations Table Tennis, 7:30-10:00a, Mini Gym What to Eat When in Spain, 9:00am CarFit, 10:00a-2:00p, Outdoor Pool Parking Lot Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-PT Screenings, 5:30-6:30pm, Cardio Strength Center	7 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	8 Table Tennis, 7:30-10:00am, Mini Gym Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	9 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	10 Table Tennis, 7:30-10:00a, Mini Gym Mother's Day Par-Tea, 11:00a-12:30p, Event Center Pickleball, 11:30a-1:30p, LL Gym	11
12	13 Table Tennis, 7:30-10:00am, Mini Gym Edward Jones workshop, 9:30a-10:30a Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, 1:00p-3:00p, "The Old Man & the Gun"	14 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	15 Table Tennis, 7:30-10:00am, Mini Gym Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	16 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	17 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	18
19	20 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym	21 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	22 Table Tennis, 7:30-10:00am, Mini Gym Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	23 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	24 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	25
26	27 Memorial Day Countryside YMCA is closed	28 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	29 Table Tennis, 7:30-10:00am, Mini Gym 26th Annual National Senior Health & Fitness Day, 10:00a-12:00p Learn to Play Chess, 10:00am-11:00am BINGO!, 10:00a-11:30a, Cost \$3.00 Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	30 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	31 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STOLLE CENTER FITNESS DAY PLANNER

5 Week Session

Monday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro to Water Fitness	8:05	45	SCP	Bonnie		18+
Senior Strive Circuit Training	8:30	30	CT	Rich		50+
Stretch, Tone, & Balance	9:00	30	LLS	Rich		
Aquasize	9:05	50	SCP	Bonnie	\$16	50+
Get Bendy Stretching	9:45	30	CT	Rich		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+
Zumba Basics	11:15	45	S2	Logan		
Community Arthritis Aquatics	12:00	45	SCP	Janis	\$10	
Afternoon						
	Start	⌚	Room	Led by	\$	
Circuit Training Express	5:30	90	CT	Wals		7+
Aqua Combo	6:15	60	SCP	Juley	\$16	18+
Hi / Lo Aerobics	6:30	50	S1	Gloria		
Yoga Mixed Levels	6:30	75	SS	Karen	\$19	

Tuesday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$16	50+
Total Body Conditioning	9:15	60	CT	Bill		
Yin Yoga	9:15	60	SS	Christy M.	\$19	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$9	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10	
Afternoon						
	Start	⌚	Room	Led by	\$	
Shape with Weights	6:00	50	S2	Gloria		
Circuit Training Express	6:30	60	CT	Lisa		7+
Hydro Burn	6:45	60	SCP	Laura	\$16	
Pilates Mix	7:00	60	SS	Staff	\$19	

Wednesday						
Morning						
	Start	⌚	Room	Led by	\$	
Sunrise Yoga	6:00	60	SS	Natasha	\$19	
Intro To Water Fitness	8:05	45	SCP	Sue		18+
Senior Strive Circuit Training	8:30	30	CT	Natasha		50+
Stretch, Tone, & Balance	9:00	30	LLS	Natasha		
Aquasize	9:05	50	SCP	Sue	\$16	50+
Get Bendy Stretching	9:45	30	CT	Connie		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Senior Sit-N-Tone	10:30	30	S1	Natasha		50+
Gentle Pilates	10:30	60	SS	Connie	\$19	
Zumba Basics	11:15	45	S2	Chiaki		
Power Hour Yoga	11:45	60	SS	Natasha	\$19	
Community Arthritis Aquatics	12:00	45	SCP	Jillian	\$10	
Afternoon						
	Start	⌚	Room	Led by	\$	
Circuit Training Express	5:30	90	CT	Christina		7+
Aqua Combo	6:15	60	SCP	Staff	\$16	18+
Hi / Lo Aerobics	6:30	50	LLS	Gloria		

Thursday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$16	50+
Yoga Flow	9:15	60	SS	Christy M.	\$19	
Total Body Conditioning	9:15	60	CT	Bill		
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$9	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10	
Afternoon						
	Start	⌚	Room	Led by	\$	
Shape with Weights	6:00	50	S2	Gloria		
Zumba Basics	6:00	45	SS	Logan		
Circuit Training Express	6:30	60	CT	Carrie		7+
Hydro Burn	6:45	60	SCP	Janis	\$16	
Warm Yoga Mixed Levels	7:00	60	SS	Jessica	\$19	

Friday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Bonnie		18+
Senior Strive Circuit Training	8:30	30	CT	Diana		50+
Stretch, Tone, & Balance	9:00	30	LLS	Kendal		
Aquasize	9:05	50	SCP	Bonnie	\$16	50+
Gentle Yoga	9:15	60	SS	Natasha	\$19	
Get Bendy Stretching	9:45	30	CT	Diana		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+

Saturday						
Morning						
	Start	⌚	Room	Led by	\$	
Circuit Training Express	9:30	90	CT	Staff		7+
Hi / Lo Aerobics	10:15	50	S2	Gloria		

Fees & Flex Cards

To take a Specialty Fitness Class, members can either sign up for an five-week session of classes or purchase a Flex Card.

registering: just show up and have the instructor punch your card.

5 Punch Card: \$20
20 Punch Card: \$74
10 Punch Water Fitness Card: \$40

A Flex Card lets you take Specialty Fitness Classes without

Key

CT	Circuit Training Room	All classes are for ages 13+ unless otherwise noted.
LLS	Lower Level Studio	
S1	Studio 1	
S2	Studio 2	
SS	Spirit Studio	
CP	Competition Pool	
IP	Instructional Pool	Water Fitness class
SCP	Stolle Pool	Class is for ages shown
FAC	Family Aquatic Center	

Green Class Name:
Specialty class; fee applies