

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Countryside YMCA is closed Outdoor Pool open from 12:00p-5:00p	3 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	4 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	5 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	6 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	7
8	9 September Birthday Celebrations Table Tennis, 7:30-10:00a, Mini Gym Free Spinal Screenings 'Lunch & Learn', 11:00a Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-PT Screenings, 5:30- 6:30pm, Cardio Strength Center	10 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	11 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	12 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	13 Walk on the Nature Trail, 9:00a Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	14
15	16 Table Tennis, 7:30-10:00am, Mini Gym Senior Tech Moments, 11:00a-12:00p Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, 1:00p-3:00p, "The Tomorrow Man"	17 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	18 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	19 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	20 Table Tennis, 7:30-10:00a, Mini Gym Bunco, 10:00a-11:30a, Cost \$3.00 Pickleball, 11:30a-1:30p, LL Gym	21
22	23 Table Tennis, 7:30-10:00a, Mini Gym Medicare & Muffins, 9:30a-11:30a Free Ask-A-PT Screenings, 10:00a-12:00p, Cardio Strength Center Senior Tech Moments, 11:00a-12:00p	24 Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	25 Table Tennis, 7:30-10:00am, Mini Gym 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	26 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	27 Table Tennis, 7:30-10:00a, Mini Gym Day Trip to Findlay Market, 11:00a-4:00p, Cost \$10 Pickleball, 11:30a-1:30p, LL Gym	28
29	30 Table Tennis, 7:30-10:00a, Mini Gym Flu Shot Clinics, 10:00a-12:00p Senior Tech Moments, 11:00a-12:00p Flu Shot Clinics, 5:30p-8:00p					



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STOLLE CENTER FITNESS DAY PLANNER

8 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	\$26	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	\$17	
Afternoon	Start	⌚	Room	Led by	\$	
Circuit Training Express	5:30	90	CT	Wals		7+
Aqua Combo	6:15	60	SCP	Becky	\$26	18+
Hi / Lo Aerobics	6:30	50	S1	Gloria		
Active Flow Yoga	6:30	60	SS	Karen	\$30	

Tuesday						
Morning	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$26	50+
Total Body Conditioning	9:15	60	CT	Bill		
Yin Yoga	9:15	60	SS	Laura	\$30	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$16	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$17	
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	Marsha	\$26	
Pilates Mix	7:00	60	SS	Staff	\$30	

Wednesday						
Morning	Start	⌚	Room	Led by	\$	
Sunrise Yoga	6:00	60	SS	Liz	\$30	
Intro To Water Fitness	8:05	45	SCP	Sue		18+
Senior Strive Circuit Training	8:30	30	CT	Staff		50+
Stretch, Tone, & Balance	9:00	30	LLS	Staff		
Aquasize	9:05	50	SCP	Sue	\$26	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	Kendal		50+
Gentle Pilates	10:30	60	SS	Connie	\$30	
Zumba Basics	11:15	45	S2	Chiaki		
Community Arthritis Aquatics	12:00	45	SCP	Jillian	\$17	
Afternoon	Start	⌚	Room	Led by	\$	
Circuit Training Express	5:30	90	CT	Christina		7+
Aqua Combo	6:15	60	SCP	Staff	\$26	
Hi / Lo Aerobics	6:30	50	LLS	Gloria		18+

Thursday						
Morning	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$26	50+
Yoga Flow	9:15	60	SS	Kelsie	\$30	
Total Body Conditioning	9:15	60	CT	Bill		
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$16	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$17	
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	\$26	
Warm Yoga Mixed Levels	7:00	60	SS	Jessica	\$30	

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	Diana		
Aquasize	9:05	50	SCP	Bonnie	\$26	50+
Gentle Yoga	9:15	60	SS	Liz	\$30	
Get Bendy Stretching	9:45	30	CT	Diana		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Senior Sit-N-Tone	10:30	30	S1	Christina		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.

A Flex Card lets you take Specialty Fitness Classes without 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

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	Green Class Name: Specialty class; fee applies
FAC	Family Aquatic Center	
	Class is for ages shown	