



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS DAY PLANNER

5 Week Session

Monday					
Morning					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cycle Spin	5:15	45	S3	Christy B	\$19
Sunrise Splash	6:00	45	IP	Rosemary	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Bonnie	18+
Senior Strive Circuit	8:30	30	CTR	Rich	50+
Stretch, Tone, & Balance	9:00	30	LLS	Rich	
Aquasize	9:05	50	SCP	Bonnie	\$16 50+
Cycle Spin	9:15	45	S3	Theo	\$19
Muscle Max	9:15	50	S2	Mikhael	
Cross Training	9:30	50	S1	Kendal	
Get Bendy Stretching	9:45	30	CTR	Rich	
Hi / Lo Aerobics	10:15	50	S2	Gloria	
Liquid Cardio	10:15	60	CP	Laura	
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
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
Circuit Training Express	5:30	90	CTR	Wals	7+
Strong Core & Body	5:30	45	S2	Mo	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
INSANITY LIVE!	5:45	30	S1	Tim	
Aqua Combo	6:15	60	SCP	July	
Cycle Spin	6:30	45	S3	Mo	\$19 18+
Hi/Lo Aerobics	6:30	50	S1	Gloria	
Yoga Mixed Levels	6:30	75	SS	Karen	\$19
Muscle Max	7:00	50	S2	Anna	
30m Quick Fit	7:30	30	CTR	Gloria	
Rocking the Waves	7:30	45	FAC	July	
Zumba	8:00	60	S2	Terrie	

Wednesday					
Morning					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cycle Spin	5:15	45	S3	Christy B.	\$19
Sunrise Splash	6:00	45	IP	Rosemary	
Sunrise Yoga	6:00	60	SS	Natasha	\$19
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Sue	18+
Senior Strive Circuit	8:30	30	CTR	Natasha	50+
Stretch, Tone, & Balance	9:00	30	LLS	Natasha	
Aquasize	9:05	50	SCP	Sue	\$16 50+
Cycle Spin	9:15	45	S3	Shannon	\$19
Muscle Max	9:15	50	S2	Mikhael	
Cross Training	9:30	50	S1	Kendal	
Get Bendy Stretching	9:45	30	CTR	Connie	
Hi / Lo Aerobics	10:15	50	S2	Gloria	
Liquid Cardio	10:15	60	CP	Jillian	
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	Nastasha	\$19
Community Arthritis Aquatics	12:00	45	SCP	Jillian	\$10
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
Circuit Training Express	5:30	90	CTR	Christina	7+
Strong Core & Body	5:30	45	S2	Mo	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
INSANITY LIVE!	5:45	30	LG1	Tim	
INSANITY LIVE!	6:15	30	LG1	Tim	
Aqua Combo	6:15	60	SCP	Staff	\$16 18+
Cycle Spin	6:30	45	S3	Mo	\$19
Hi / Lo Aerobics	6:30	50	LLS	Gloria	
Muscle Max	7:00	50	S2	Anna	
Rocking The Waves	7:30	45	FAC	Staff	

Friday					
Morning					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cardio Core	5:15	45	S2	Mo	
Sunrise Splash	6:00	60	IP	Rosemary	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Bonnie	18+
Senior Strive Circuit	8:30	30	CTR	Diana	50+
Stretch, Tone, & Balance	9:00	30	LLS	Kendal	
Aquasize	9:05	50	SCP	Bonnie	\$16 50+
30 Minute Quick Fit	9:15	30	CTR	Diana	
Cycle Spin	9:15	45	S3	Theo	\$19
Muscle Max	9:15	50	S2	Elizabeth	
Gentle Yoga	9:15	60	SS	Natasha	\$19
Cross Training	9:30	50	S1	Destiny	
Get Bendy Stretching	9:45	30	CTR	Diana	
Hi / Lo Aerobics	10:15	50	S2	Gloria	
Liquid Cardio	10:15	60	CP	Pucko	
Senior Sit-N-Tone	10:30	30	S1	Kendal	50+
Barre	10:30	60	SS	Connie	
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon					
	Start	⌚	Room	Led by	\$
Zumba	7:00	60	S2	Terrie	

Saturday					
Morning					
	Start	⌚	Room	Led by	\$
Cycle Spin	7:45	45	S3	Shannon	\$19
P90X Live	8:30	50	S2	Tim	
STRONG by Zumba	9:00	50	S1	Kelly	
CrossFit Workout of the Day	9:00	60	CFS	CrossFit Superfly	
Circuit Training Express	9:30	90	CTR	Staff	7+
Core De Force	10:00	50	S1	Tim	
Hi / Lo Aerobics	10:15	50	S2	Gloria	

Sunday					
Afternoon					
	Start	⌚	Room	Led by	\$
Zumba Toning	1:15	30	S2	Terrie	
Zumba	2:00	60	S2	Terrie	

Tuesday					
Morning					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cardio Core	5:15	45	S2	Mo	
Early AM Boot Camp	6:00	50	S1	Anna	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Tracy	18+
Aquasize	9:05	50	SCP	Tracy	\$16 50+
Cycle Spin	9:15	45	S3	Shannon	\$19
Cardio Kick Boot Camp	9:15	50	S1	Jamie	
Muscle Max	9:15	50	S2	Destiny	
Zumba	9:15	60	LLS	Bea	
Total Body Conditioning	9:15	60	CTR	Bill	
Yin Yoga	9:15	60	SS	Christy M	\$19
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$16 50+
Liquid Cardio	10:15	60	CP	Karla	
Power Core on Ball	10:30	45	S2	Connie	
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
Zumba	4:45	60	S2	Tobi	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
Cycle Spin	6:00	45	S3	Rich	\$19
Shape with Weights	6:00	50	S2	Gloria	
Cardio Kick Boot Camp	6:00	50	S1	Karen	
Circuit Training Express	6:30	60	CTR	Lisa	7+
Hydro Burn	6:45	60	SCP	Laura	\$16
Pilates Mix	7:00	60	SS	Cheryl	\$19
Zumba	7:00	60	S2	Terrie	
P90X Live	7:00	50	S1	Tim	

Thursday					
Morning					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cycle Spin	5:15	45	S3	Mo	\$19
Muscle Max	6:00	50	S2	Mikhael	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
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
Cardio Kick Boot Camp	9:15	50	S1	Jamie	
Muscle Max	9:15	50	S2	Destiny	
Zumba	9:15	60	LLS	Bea	
Total Body Conditioning	9:15	60	CTR	Bill	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$9 50+
Liquid Cardio	10:15	60	CP	Laura	
Power Core on Ball	10:30	45	S2	Connie	
Barre	10:30	60	SS	Janelle	
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Cycle Spin	12:15	45	S3	Shannon	\$19
Afternoon					
	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
STRONG by Zumba	4:30	50	S2	Kelly	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
Cycle Spin	6:00	45	S3	Michael	\$19
Zumba Basics	6:00	45	SS	Logan	
Shape with Weights	6:00	50	S2	Gloria	
Cardio Kick Boot Camp	6:00	50	S1	Karen	
Circuit Training Express	6:30	60	CTR	Carrie	7+
Hydro Burn	6:45	60	SCP	Janis	\$16
Zumba	7:00	60	S1	Terrie	
Muscle Max	7:00	50	S2	Cristen	
Warm Yoga	7:00	60	SS	Jessica	\$19

Fees & Flex Cards

To take a Specialty Fitness Class, members can either sign up for an eight-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: \$21
20 Punch Card: \$78
10 Punch Water Fitness Card: \$42

Key

CFS	CrossFit Studio located across the street	CP	Competition Pool
CTR	Circuit Training Room	IP	Instructional Pool
LLS	Lower Level Studio	SCP	Stolle Pool
LG1	Lower Level Mini Gym	FAC	Family Aquatic Center
S1	Studio 1		
S2	Studio 2 Near the North Entry		All classes are for ages 13+ unless otherwise noted.
S3	Studio 3 Near the North Entry		Specialty class: fee applies
SS	Spirit Studio Above the Physical Desk, near the track.		Fee reflects price for an 8-week session of classes.

Water Fitness class

Class is for ages shown

Search, register, and pay for classes online

www.countrysideymca.org