

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 November Birthday Celebrations Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	3 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	4 Table Tennis, 7:30-10:00a, Mini Gym Free Ask-An-Athletic Trainer & Blood Pressure Screenings, 11:00a-12:00p, Stolle Center 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 Knit `n Gab, 1:00pm	6 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	7
8	9 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym Movie Monday & Popcorn, 1:00p-3:00p	10 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	11 Table Tennis, 7:30-10:00a, Mini Gym Veteran's Day Celebration, 10:00a 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 Knit `n Gab, 1:00pm	13 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	14
15	16 Table Tennis, 7:30-10:00a, Mini Gym Medicare & Muffins, 9:30a-11:30a Pickleball, 11:30a-1:30p, LL Gym	17 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	18 Table Tennis, 7:30-10:00am, Mini Gym Health Talk, 'Lung Disease & Exercise', 10:00a-11:00a 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 Knit `n Gab, 1:00pm	20 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	21
22	23 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	24 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	25 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	26 Thanksgiving - Countryside YMCA is closed	27 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	28
29	30 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym					



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2 - 8 Weeks | October 26 - December 20

STOLLE CENTER FITNESS DAY PLANNER

MONDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A			18+
Time To Stretch	8:00	30	SS	Peggy	A			
Senior Strive Circuit	8:30	30	SFR	Peggy	A			50+
Aquasize	9:00	50	SCP	Bonnie	2	\$39		50+
Stretch, Tone & Balance	9:00	30	LLS	Peggy	1			
Renew Yoga	9:15	60	SS	Liz	A	\$31		
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2			
Senior Sit-&-Tone	10:45	30	S1	Kendal	1			50+
Zumba Basics	11:45	45	S2	Logan	A			
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$		
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$18		18+
EVENING	START	⌚	ROOM	LED BY	IL	\$		
Active Flow Yoga	6:00	60	SS	Karen	A	\$31		
Rocking the Waves	6:15	60	SCP	Beckie	2			
Hi/Lo Aerobics	6:30	50	S1	Gloria	1-2			

TUESDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$		
Intro to Water Fitness	8:00	45	SCP	Tracy	A			18+
Aquasize	9:00	50	SCP	Tracy	2	\$39		50+
Total Body Conditioning	9:15	60	SFR	Bill	A			
Yin Yoga	9:15	60	SS	Laura	A	\$31		
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$18		18+
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$18		18+
EVENING	START	⌚	ROOM	LED BY	IL	\$		
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	A	\$31		
Shape with Weights	6:00	50	S2	Gloria	1-2			
Hydro Burn	6:15	60	SCP	Janis	3	\$28		18+

WEDNESDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$		
Sunrise Yoga	6:00	60	SS	Liz	A	\$31		
Intro to Water Fitness	8:00	45	SCP	Sue	A			18+
Time To Stretch	8:00	30	SS	Connie	A			
Senior Strive Circuit	8:30	30	SFR	Peggy	A			50+
Aquasize	9:00	50	SCP	Sue	2	\$39		50+
Stretch, Tone & Balance	9:00	30	LLS	Peggy	1			
Gentle Pilates	10:30	60	SS	Connie	A	\$31		
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2			
Senior Sit-&-Tone	10:45	30	S1	Kendal	1			50+
Zumba Basics	11:45	45	S2	Chiaki	A			
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$		
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$18		18+
EVENING	START	⌚	ROOM	LED BY	IL	\$		
Rocking the Waves	6:15	60	SCP	Jillian	2			
Active Flow Yoga	7:45	60	SS	Rhonda	A	\$31		

THURSDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$		
Intro to Water Fitness	8:00	45	SCP	Tracy	A			18+
Aquasize	9:00	50	SCP	Tracy	2	\$39		50+
Total Body Conditioning	9:15	60	SFR	Bill	A			
Yoga Flow	9:15	60	SS	Kelsie	A	\$31		
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$18		18+
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$18		18+
EVENING	START	⌚	ROOM	LED BY	IL	\$		
Shape with Weights	6:00	50	S2	Gloria	1-2			
Hydro Burn	6:15	60	SCP	Janis	3	\$28		18+

FRIDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A			18+
Time To Stretch	8:00	30	SS	Kelly R.	A			
Senior Strive Circuit	8:30	30	SFR	Kelly R.	A			50+
Aquasize	9:00	50	SCP	Bonnie	2	\$39		50+
Stretch, Tone & Balance	9:00	30	LLS	Kelly R.	1			
Gentle Yoga	9:15	60	SS	Liz	A	\$31		
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2			
Senior Sit-&-Tone	10:45	30	S1	Christina	1			50+

SATURDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$		
Hi/Lo Aerobics	10:15	60	S2	Kelly R	1-2			

KEY

- ROOMS**
- CTR Circuit Training Room
 - CP Competition Pool
 - FAC Family Aquatic Center
 - IP Instructional Pool
 - LG1 Lower Level Mini Gym
 - LLS Lower Level Studio
 - SS Spirit Studio
 - SFR Starter Fitness Room
 - SCP Stolle Center Pool
 - S1 Studio 1
 - S2 Studio 2
 - S3 Studio 3

- INTENSITY LEVELS**
- A All Fitness Levels
 - 1 Beginner
 - 2 Intermediate
 - 3 Advanced

All classes are for ages 13+ unless otherwise noted.

- Water Fitness class
- Age Limit

FEES & FLEX CARDS

To take a Specialty Fitness Class, members can either sign up for a session 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: \$22
- 20 Punch Card: \$80
- 20 Punch Card for Older Active Adults Ages 50+: \$72
- 10 Punch Water Fitness Card: \$44
- 20 Punch Water Fitness Card: \$80

Flex Card users will need to reserve a spot on Myzone to guarantee entrance into the class.