



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS DAY PLANNER

## 8 Week Session

### Monday

Morning	Start	Room	Led by	\$	IL
Cycle Spin	5:15	45 S3	Christy B	\$31	3
Sunrise Splash	6:00	45 IP	Staff	A	
Intro to Water Fitness	8:05	45 SCP	Bonnie	A	18+
Senior Strive Circuit	8:30	30 CTR	Rich	A	50+
Stretch, Tone, & Balance	9:00	30 LLS	Rich	1	
Aquasize	9:05	50 SCP	Bonnie	\$26	2 50+
Cycle Spin	9:15	45 S3	Jacki	\$31	2
Muscle Max	9:15	50 S2	Mikhael	2-3	
Renew Yoga	9:15	60 SS	Liz	\$31	2
Cross Training	9:30	50 S1	Kendal	A	
Get Bendy Stretching	9:45	30 CTR	Rich	A	
Hi/Lo Aerobics	10:15	50 S2	Gloria	1-2	
Liquid Cardio	10:15	60 CP	Laura	3	
Senior Sit-N-Tone	10:30	30 S1	Kendal	1	50+
Breathing Into Balance Yoga	10:30	30 SS	Liz	\$15	A
Zumba Basics	11:15	45 S2	Logan	A	
Community Arthritis Aquatics	12:00	45 SCP	Marsha	\$17	1

Afternoon	Start	Room	Led by	\$	IL
Circuit Training Express	5:30	90 CTR	Wals	A	7+
Strong Core & Body	5:30	45 S2	Mo	3	
INSANITY LIVE!	5:45	30 S1	Tim	A	
Aqua Combo	6:15	60 SCP	Becky	\$26	2
Cycle Spin	6:30	45 S3	Mo	\$31	3
Hi/Lo Aerobics	6:30	50 S1	Gloria	1-2	
Active Flow Yoga	6:30	60 SS	Karen	\$31	A
Muscle Max	7:00	50 S2	Anna	2-3	18+
30m Quick Fit	7:30	30 CTR	Gloria	A	
Rocking the Waves	7:30	45 FAC	Becky	2-3	
Zumba	8:00	60 S2	Terrie	A	

### Tuesday

Morning	Start	Room	Led by	\$	IL
Cardio Core	5:15	45 S2	Mo	3	
Intro to Water Fitness	8:05	45 SCP	Tracy	A	18+
Aquasize	9:05	50 SCP	Tracy	\$26	2 50+
Cycle Spin	9:15	45 S3	Shannon	\$31	2
Cardio Kick Boot Camp	9:15	50 S1	Jamie	2-3	
Muscle Max	9:15	50 S2	Destiny	2-3	
Zumba	9:15	60 LLS	Bea	A	
Total Body Conditioning	9:15	60 CTR	Bill	A	
Yin Yoga	9:15	60 SS	Laura	\$31	A
Aqua Stretch-N-Tone	10:00	30 SCP	Tracy	\$16	1 50+
Liquid Cardio	10:15	60 CP	Karla	3	
Power Core on Ball	10:30	45 S2	Connie	A	
Community Arthritis Aquatics	12:00	45 SCP	Tracy	\$17	1

Afternoon	Start	Room	Led by	\$	IL
Zumba	4:45	60 S2	Chiaki	A	
TRX Core & More	5:00	45 S1	Cheryl	\$31	A
Warm Yoga Mixed Levels	5:45	60 SS	Jennifer	\$31	A
Cycle Spin	6:00	45 S3	Rich	\$31	1-2
Shape with Weights	6:00	50 S2	Gloria	1-2	
AO (All Out) HIIT	6:00	50 S1	Cristen	2-3	
Circuit Training Express	6:30	60 CTR	Lisa	A	7+
Hydro Burn	6:45	60 SCP	Janis	\$26	3
Pilates Mix	7:00	60 SS	Cheryl	\$31	A
Zumba	7:00	60 S2	Terrie	A	
P90X Live	7:00	50 S1	Tim	A	

### Wednesday

Morning	Start	Room	Led by	\$	IL
Cycle Spin	5:15	45 S3	Christy B	\$31	3
Sunrise Splash	6:00	45 IP	Staff	A	
Sunrise Yoga	6:00	60 SS	Liz	\$31	A
Intro to Water Fitness	8:05	45 SCP	Sue	A	18+
Senior Strive Circuit	8:30	30 CTR	Peggy	A	50+
Stretch, Tone, & Balance	9:00	30 LLS	Peggy	1	
Aquasize	9:05	50 SCP	Sue	\$26	2 50+
Cycle Spin	9:15	45 S3	Shannon	\$31	2-3
Muscle Max	9:15	50 S2	Mikhael	2-3	
Cross Training	9:30	50 S1	Kendal	A	
Get Bendy Stretching	9:45	30 CTR	Connie	A	
Hi/Lo Aerobics	10:15	50 S2	Gloria	1-2	
Liquid Cardio	10:15	60 CP	Sheri	3	
Senior Sit-N-Tone	10:30	30 S1	Kendal	1	50+
Gentle Pilates	10:30	60 SS	Connie	\$31	A
Zumba Basics	11:15	45 S2	Chiaki	A	
Community Arthritis Aquatics	12:00	45 SCP	Marsha	\$17	1

Afternoon	Start	Room	Led by	\$	IL
Circuit Training Express	5:30	90 CTR	Christina	A	7+
Strong Core & Body	5:30	45 S2	Mo	3	
INSANITY LIVE!	5:45	30 S1	Tim	A	
P90X LIVE!	6:15	30 S1	Tim	A	
Cycle Spin	6:30	45 S3	Mo	\$31	3
Muscle Max	7:00	50 S2	Anna	2-3	
Rocking The Waves	7:30	45 FAC	Staff	2-3	18+

### Thursday

Morning	Start	Room	Led by	\$	IL
Cycle Spin	5:15	45 S3	Mo	\$31	3
Muscle Max	6:00	50 S2	Mikhael	2-3	
Intro to Water Fitness	8:05	45 SCP	Tracy	A	18+
Aquasize	9:05	50 SCP	Tracy	\$26	2 50+
Yoga Flow	9:15	60 SS	Kelsie	\$31	A
Cardio Kick Boot Camp	9:15	50 S1	Jamie	2-3	
Muscle Max	9:15	50 S2	Destiny	2-3	
Zumba	9:15	60 LLS	Bea	A	
Total Body Conditioning	9:15	60 CTR	Bill	A	
Aqua Stretch-N-Tone	10:00	30 SCP	Tracy	\$16	1 50+
Liquid Cardio	10:15	60 CP	Laura	3	
Cycle Spin	10:30	45 S3	Shannon	\$31	3
Power Core on Ball	10:30	45 S2	Connie	A	
Barre	10:30	60 SS	Janelle	A	
Community Arthritis Aquatics	12:00	45 SCP	Tracy	\$17	1

Afternoon	Start	Room	Led by	\$	IL
STRONG by Zumba	4:30	50 S2	Kelly H.	2-3	
Cycle Spin	6:00	45 S3	Michael	\$31	2-3
Shape with Weights	6:00	50 S2	Gloria	1-2	
Cardio Kickbox Strength	6:00	50 S1	Cristen	2-3	
Circuit Training Express	6:30	60 CTR	Carrie	A	7+
Hydro Burn	6:45	60 SCP	Janis	\$26	3
Zumba	7:00	60 S1	Terrie	A	
Muscle Max	7:00	50 S2	Cristen	2-3	
Warm Yoga Mixed Levels	7:00	60 SS	Reema	\$31	A

### Friday

Morning	Start	Room	Led by	\$	IL
Cardio Core	5:15	45 S2	Mo	3	
Sunrise Splash	6:00	60 IP	Staff	A	
Intro to Water Fitness	8:05	45 SCP	Bonnie	A	18+
Senior Strive Circuit	8:30	30 CTR	Diana	A	50+
Stretch, Tone, & Balance	9:00	30 LLS	Diana	1	
Aquasize	9:05	50 SCP	Bonnie	\$26	2 50+
Cycle Spin	9:15	45 S3	Shannon	\$31	2
Muscle Max	9:15	50 S2	Christina	2-3	
Gentle Yoga	9:15	60 SS	Liz	\$31	A
Cross Training	9:30	50 S1	Destiny	A	
Get Bendy Stretching	9:45	30 CTR	Diana	A	
Hi/Lo Aerobics	10:15	50 S2	Gloria	1-2	
Liquid Cardio	10:15	60 CP	Pucko	3	
Senior Sit-N-Tone	10:30	30 S1	Christina	1	50+
Barre	10:30	60 SS	Connie	A	

Afternoon	Start	Room	Led by	\$	IL
Zumba	7:00	60 S2	Terrie	A	

### Saturday

Morning	Start	Room	Led by	\$	IL
Cycle Spin	7:45	45 S3	Shannon	\$31	2-3
P90X Live	8:30	50 S2	Tim	A	
STRONG by Zumba	9:00	50 S1	Kelly H.	2-3	
Circuit Training Express	9:30	90 CTR	Staff	A	7+
Core De Force	10:00	50 S1	Tim	A	
Hi/Lo Aerobics	10:15	50 S2	Kelly R.	1-2	

### Sunday

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

### 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  
CTR Circuit Training Room  
LLS Lower Level Studio  
LG1 Lower Level Mini Gym  
S1 Studio 1  
S2 Studio 2 Near the North Entry  
S3 Studio 3 Near the North Entry  
SS Spirit Studio Above the Physical Desk, near the track.

CP Competition Pool  
IP Instructional Pool  
SCP Stolle Pool  
FAC Family Aquatic Center

All classes are for ages 13+ unless otherwise noted.

Specialty class: fee applies  
Fee reflects price for an 8-week session of classes.

Intensity Levels  
A = All Fitness Levels  
1 = Beginner  
2 = Intermediate  
3 = Advanced

Water Fitness class  
Class is for ages shown

Search, register, and pay for classes online

[www.countrysideymca.org](http://www.countrysideymca.org)

