



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 1 – 8 Weeks August 31 – October 25 LEBANON FITNESS DAY PLANNER

MONDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Cycle Spin	5:15	45	S3	Michael	3	\$31		
Boxing Fitness	6:00	30	CTR	Jordan	A	Flex		
Sunrise Splash	6:15	45	IP	Staff	A		🏊	
Boxing Fitness	6:30	30	CTR	Jordan	A	Flex		
Boxing Fitness	7:00	30	CTR	Jordan	A	Flex		
Cycle Spin	7:00	45	S3	Wals	3	\$31		
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			
Cross Training	9:15	50	S1	Kendal	A			
Cycle Spin	9:15	45	S3	Emma	2-3	\$31		
Muscle Max	9:15	50	S2	Mikhael	2-3			
Renew Yoga	9:15	60	SS	Liz	A	\$31		
Liquid Cardio	10:00	60	CP	Laura	3		🏊	
Boxing Fitness	10:30	30	CTR	Jordan	A	Flex		
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2			
Senior Sit-&-Tone	10:45	30	S1	Kendal	1			50+
Boxing Fitness	11:00	30	CTR	Jordan	A	Flex		
Zumba Basics	11:45	45	S2	Logan	A			
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	Jordan	A	Flex		
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$18	🏊	18+
EVENING	START	🕒	ROOM	LED BY	IL	\$		
INSANITY LIVE!	5:30	30	S1	Tim	A			
Strong Core & Body	5:30	45	S2	Mo	3			
Active Flow Yoga	6:00	60	SS	Karen	A	\$31		
Cycle Spin	6:30	45	S3	Mo	3	\$31		
Hi/Lo Aerobics	6:30	50	S1	Gloria	1-2			
Muscle Max	7:00	50	S2	Anna	2-3			
Zumba	8:00	60	S1	Terrie	A			

TUESDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Cardio Core	5:15	45	S2	Mo	3			
Boxing Fitness	5:30	30	CTR	Jordan	A	Flex		
Boxing Fitness	6:00	30	CTR	Jordan	A	Flex		
Boxing Fitness	6:30	30	CTR	Jordan	A	Flex		
Boxing Fitness	7:00	30	CTR	Jordan	A	Flex		
Intro to Water Fitness	8:00	45	SCP	Tracy	A		🏊	18+
Aquasize	9:00	50	SCP	Tracy	2	\$39	🏊	50+
Cardio Kick Boot Camp	9:15	50	S1	Jamie	2-3			
Cycle Spin	9:15	45	S3	Shannon	2	\$31		
Muscle Max	9:15	50	S2	Destiny	2-3			
Total Body Conditioning	9:15	60	SFR	Bill	A			
Yin Yoga	9:15	60	SS	Laura	A	\$31		
Zumba	9:15	60	LLS	Bea	A			
Liquid Cardio	10:00	60	CP	Karla	3		🏊	
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$18	🏊	18+
Boxing Fitness	10:30	30	CTR	Jordan	A	Flex		
Power Core on Ball	10:45	45	S2	Connie	A			
Boxing Fitness	11:00	30	CTR	Jordan	A	Flex		
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	Jordan	A	Flex		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$18	🏊	18+
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Zumba	4:30	60	S2	Chiaki	A			
TRX Core & More	5:00	45	S1	Monica	A	\$31		
Hydro Burn	5:45	60	SCP	Janis	3	\$28	🏊	18+
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	A	\$31		
Cycle Spin	6:00	45	S3	Carrie L.	2-3	\$31		
Shape with Weights	6:00	50	S2	Gloria	1-2			
AO (All Out) HIIT	6:00	50	S1	Cristen	2-3			
Muscle Max	7:15	50	S2	Anna	2-3			
Zumba	7:15	60	S1	Terrie	A			

WEDNESDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Cycle Spin	5:15	45	S3	Michael	3	\$31		
Boxing Fitness	6:00	30	CTR	Jordan	A	Flex		
Sunrise Yoga	6:00	60	SS	Liz	A	\$31		
Sunrise Splash	6:15	45	IP	Staff	A		🏊	
Boxing Fitness	6:30	30	CTR	Jordan	A	Flex		
Boxing Fitness	7:00	30	CTR	Jordan	A	Flex		
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			
Cross Training	9:15	50	S1	Kendal	A			
Cycle Spin	9:15	45	S3	Shannon	2-3	\$31		
Muscle Max	9:15	50	S2	Mikhael	2-3			
Liquid Cardio	10:00	60	CP	Staff	3		🏊	
Boxing Fitness	10:30	30	CTR	Jordan	A	Flex		
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+
Boxing Fitness	11:00	30	CTR	Jordan	A	Flex		
Zumba Basics	11:45	45	S2	Chiaki	A			
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	Jordan	A	Flex		
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$18	🏊	18+
EVENING	START	🕒	ROOM	LED BY	IL	\$		
P90X LIVE!	5:30	60	S1	Tim	A			
Strong Core & Body	5:30	45	S2	Mo	3			
Cycle Spin	6:30	45	S3	Mo	3	\$31		
Muscle Max	7:00	50	S2	Anna	2-3			

THURSDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	5:30	30	CTR	Jordan	A	Flex		
Boxing Fitness	6:00	30	CTR	Jordan	A	Flex		
Muscle Max	6:00	50	S2	Mikhael	2-3			
Boxing Fitness	6:30	30	CTR	Jordan	A	Flex		
Boxing Fitness	7:00	30	CTR	Jordan	A	Flex		
Intro to Water Fitness	8:00	45	SCP	Tracy	A		🏊	18+
Aquasize	9:00	50	SCP	Tracy	2	\$39	🏊	50+
Cardio Kick Boot Camp	9:15	50	S1	Jamie	2-3			
Muscle Max	9:15	50	S2	Destiny	2-3			
Total Body Conditioning	9:15	60	SFR	Bill	A			
Yoga Flow	9:15	60	SS	Kelsie	A	\$31		
Zumba	9:15	60	LLS	Bea	A			
Liquid Cardio	10:00	60	CP	Laura	3		🏊	
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$18	🏊	18+
Barre	10:30	60	SS	Janelle	A			
Boxing Fitness	10:30	30	CTR	Jordan	A	Flex		
Cycle Spin	10:30	45	S3	Shannon	2-3	\$31		
Power Core on Ball	10:45	45	S2	Connie	A			
Boxing Fitness	11:00	30	CTR	Jordan	A	Flex		
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	Jordan	A	Flex		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$18	🏊	18+
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Hydro Burn	5:45	60	SCP	Janis	3	\$28	🏊	18+
Cardio Kickbox Strength	6:00	50	S1	Cristen	2-3			
Cycle Spin	6:00	45	S3	Michael	2-3	\$31		
Shape with Weights	6:00	50	S2	Gloria	1-2			
Muscle Max	7:15	50	S2	Cristen	2-3			
Zumba	7:15	60	S1	Terrie	A			

FRIDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Cardio Core	5:15	45	S2	Mo	3			
Boxing Fitness	6:00	30	CTR	Jordan	A	Flex		
Sunrise Splash	6:15	45	IP	Staff	A		🏊	
Boxing Fitness	6:30	30	CTR	Jordan	A	Flex		
Boxing Fitness	7:00	30	CTR	Jordan	A	Flex		
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			
Cross Training	9:15	50	S1	Destiny	A			
Cycle Spin	9:15	45	S3	Shannon	2-3	\$31		
Gentle Yoga	9:15	60	SS	Liz	A	\$31		
Muscle Max	9:15	50	S2	Christina	2-3			
Liquid Cardio	10:00	60	CP	Pucko	3		🏊	
Barre	10:30	60	SS	Connie	A			
Boxing Fitness	10:30	30	CTR	Jordan	A	Flex		
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2			
Senior Sit-&-Tone	10:45	30	S1	Christina	1			50+
Boxing Fitness	11:00	30	CTR	Jordan	A	Flex		
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	Jordan	A	Flex		
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Zumba	6:00	60	S2	Terrie	A			

SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Cycle Spin	7:45	45	S3	Shannon	2-3	\$31		
P90X LIVE!	8:30	50	S2	Tim	A			
RAMP October 24	8:45	30	S3	Shannon	A			
Intro to Spin First & Third Sat of the Month	9:00	30	S3	Shannon	A			
Core De Force	10:00	50	S1	Tim	A			
Hi/Lo Aerobics	10:15	60	S2	Kelly R	1-2			

SUNDAY

AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Zumba Toning	1:15	30	S2	Terrie	A			
Zumba	2:15	60	S2	Terrie	A			

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
- 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.

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
- OPP Outdoor Pool Pavilion
- 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
- 50+ Age Limit



Check out our boxing area in the CSC.

Reserve a spot on the Myzone app.



**VIRTUAL RACE
REGISTER NOW!**

**2020
APPLEFEST**
COUNTRYSIDE YMCA
5K • 10K • 15K



NOW OFFERING
School Age Before & After Care
at COUNTRYSIDE YMCA
for the 2020-2021 school year.

Reserve your spot today!

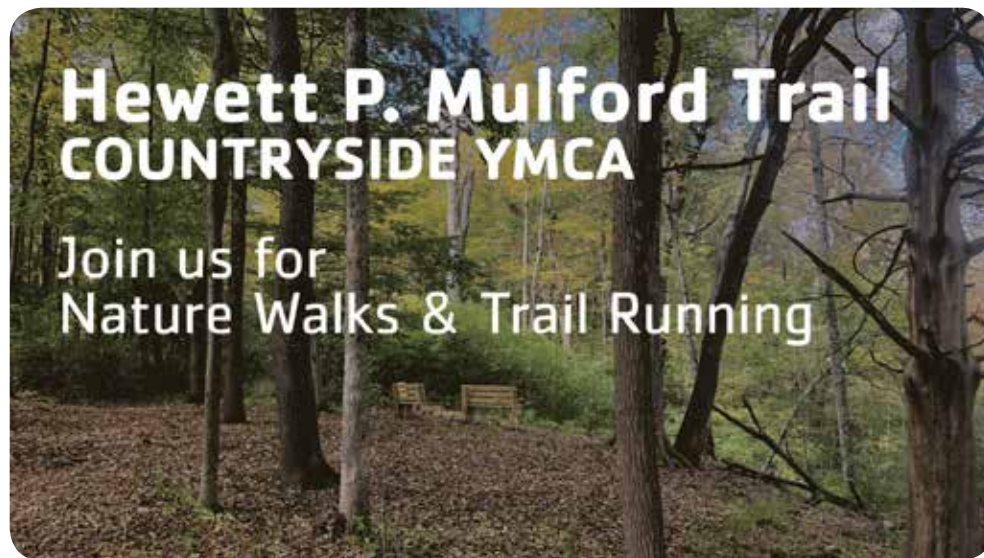


**Sign up now for sports
classes & leagues!**

COUNTRYSIDE YMCA



NINJA WARRIOR
NOW AT COUNTRYSIDE YMCA



Hewett P. Mulford Trail
COUNTRYSIDE YMCA

Join us for
Nature Walks & Trail Running



**STRONG SWIMMERS
CONFIDENT KIDS**

REGISTER NOW FOR
SWIM LESSONS



Saturday, October 17, 2020

**3 ON 3 BASKETBALL
TOURNAMENT**

COUNTRYSIDE YMCA | LANDEN

Register now at countrysideymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COUNTRYSIDE YMCA
1699 Deerfield Rd
Lebanon, OH 45036

513 932 1424
countrysideymca.org