



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 1 - 8 Weeks | August 31 - October 25

STOLLE CENTER FITNESS DAY PLANNER

MONDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
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			
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	\$			
Hydro Burn	5:45	60	SCP	Janis	3	\$28	🏊	18+	
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	A	\$31			
Shape with Weights	6:00	50	S2	Gloria	1-2				

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	\$			
Pilates Mix	5:30	60	SS	Lisa	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	\$			
Hydro Burn	5:45	60	SCP	Janis	3	\$28	🏊	18+	
Shape with Weights	6:00	50	S2	Gloria	1-2				

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
- 50+ 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.



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COUNTRYSIDE YMCA

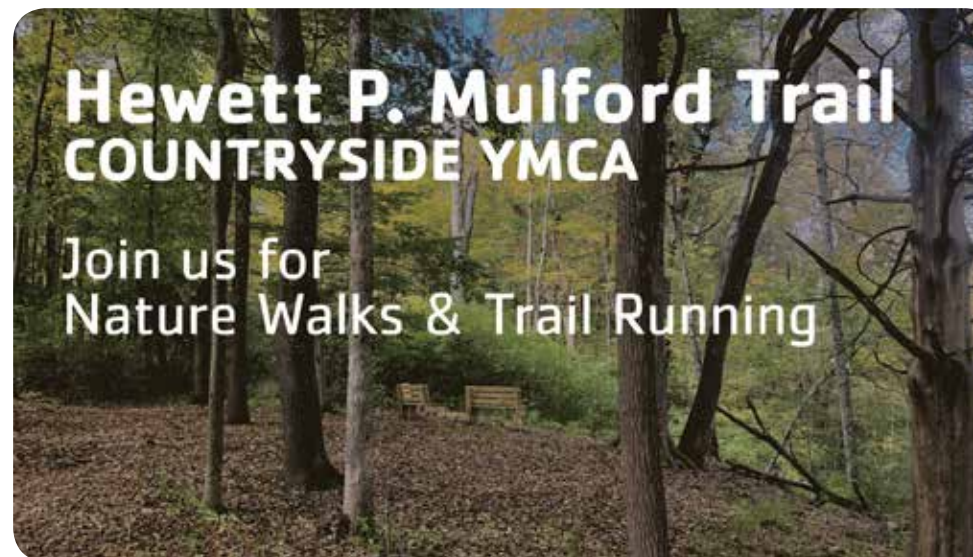
1699 Deerfield Rd
Lebanon, OH 45036

513 932 1424
countrysideymca.org



COUNTRYSIDE YMCA GOLF OUTING

September 16, 2020
City of Mason Golf Center
countrysideymca.org



FLU SHOT CLINICS

Stolle Center Activity Room
COUNTRYSIDE YMCA | LEBANON

Wednesday, September 9
Monday, September 14 10:00p-12:00p

To reserve a spot contact Julie Fennessey
at 513 932 1424 ext 148

