

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b> May Birthday Celebrations Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>4</b> Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	<b>5</b> 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, 12:00p	<b>6</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p	<b>7</b> Table Tennis, 7:30-10:00a, Mini Gym Mother's Day Tea, 11:00a-1:30p, Event Center Pickleball, 11:30a-1:30p, LL Gym	<b>8</b>
<b>9</b>	<b>10</b> Table Tennis, 7:30-10:00a, Mini Gym Mexican Train Dominoes, 10:30a-12:30p Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, "Little Women", 1:00a-3:00p	<b>11</b> Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	<b>12</b> Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	<b>13</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p	<b>14</b> Table Tennis, 7:30-10:00a, Mini Gym Mason Senior & Health Expo, 11:00a-2:00p, Mason Plaza Pickleball, 11:30a-1:30p, LL Gym	<b>15</b>
<b>16</b>	<b>17</b> Table Tennis, 7:30-10:00a, Mini Gym Medicare & Muffins, 9:30a-11:30a Pickleball, 11:30a-1:30p, LL Gym	<b>18</b> Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	<b>19</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	<b>20</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p	<b>21</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>22</b>
<b>23</b>	<b>24</b> Table Tennis, 7:30-10:00a, Mini Gym Mexican Train Dominoes, 10:30a-12:30p Pickleball, 11:30a-1:30p, LL Gym	<b>25</b> Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	<b>26</b> Table Tennis, 7:30-10:00am, Mini Gym BINGO!, 10:00a-11:30a, Cost: \$3.00 Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	<b>27</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p	<b>28</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>29</b>
<b>30</b>	<b>31</b> Countryside YMCA Closed for Memorial Day					



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Spring - 5 Weeks | April 26 - May 30

# 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	\$18	🏊		50+
Stretch, Tone & Balance	9:00	30	LLS	Peggy	1				
Renew Yoga	9:15	60	SS	Liz	A	\$20			
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2				
Senior Sit-&-Tone	10:45	30	S1	Kendal	1				50+
Zumba Basics	11:30	45	S2	Christina	A				
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$11	🏊	18+	
EVENING	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Active Flow Yoga	6:00	60	SS	Karen	A	\$20			
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	\$	🏊	18+	50+
Intro to Water Fitness	8:00	45	SCP	Tracy	A		🏊	18+	
Aquasize	9:00	50	SCP	Tracy	2	\$18	🏊		50+
Total Body Conditioning	9:15	60	SFR	Bill	A				
Yin Yoga	9:15	60	SS	Laura	A	\$20			
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$11	🏊	18+	
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$11	🏊	18+	
EVENING	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	A	\$20			
Shape with Weights	6:00	50	S2	Gloria	1-2				
Hydro Burn	6:15	60	SCP	Janis	3	\$18	🏊	18+	

## WEDNESDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Sunrise Yoga	6:00	60	SS	Liz	A	\$20			
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	\$18	🏊		50+
Stretch, Tone & Balance	9:00	30	LLS	Peggy	1				
Gentle Pilates	10:30	60	SS	Connie	A	\$20			
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2				
Senior Sit-&-Tone	10:45	30	S1	Kendal	1				50+
Zumba Basics	11:30	45	S2	Chiaki	A				
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$11	🏊	18+	
EVENING	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Rocking the Waves	6:15	60	SCP	Jillian	2				
Active Flow Yoga	6:30	60	SS	Rhonda	A	\$20			

## THURSDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Intro to Water Fitness	8:00	45	SCP	Tracy	A		🏊	18+	
Aquasize	9:00	50	SCP	Tracy	2	\$18	🏊		50+
Total Body Conditioning	9:15	60	SFR	Bill	A				
Yoga Flow	9:15	60	SS	Kelsie	A	\$20			
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$11	🏊	18+	
AFTERNOON	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$11	🏊	18+	
EVENING	START	⌚	ROOM	LED BY	IL	\$	🏊	18+	50+
Shape with Weights	6:00	50	S2	Gloria	1-2				
Hydro Burn	6:15	60	SCP	Janis	3	\$18	🏊	18+	

## FRIDAY

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	Kelly R.	A				
Senior Strive Circuit	8:30	30	SFR	Kelly R.	A				50+
Aquasize	9:00	50	SCP	Bonnie	2	\$18	🏊		50+
Stretch, Tone & Balance	9:00	30	LLS	Kelly R.	1				
Gentle Yoga	9:15	60	SS	Liz	A	\$20			
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	\$	🏊	18+	50+
Yoga Flow	8:45	60	SS	Reema	A	\$20			
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: \$24
- 10 Punch Card: \$44
- 20 Punch Card: \$80
- 20 Punch Card for Older Active Adults Ages 50+: \$72

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