

# July

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|---|--|---|--|-----------|
|  |  |   |  | <b>1</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Euchre, 9:00a<br>Knit `n Gab, 1:00p                            | <b>2</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Pickleball, 11:30a-1:30p, LL Gym  | <b>3</b>  |
| <b>4</b><br>Countryside<br>YMCA is Closed<br><br>Happy 4th<br>of July! | <b>5</b><br>July Birthday Celebrations<br>Table Tennis, 7:30-10:00a, Mini Gym<br>Pickleball, 11:30a-1:30p, LL Gym                          | <b>6</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Bridge, 9:00a-4:00p  | <b>7</b><br>Table Tennis, 7:30-10:00am, Mini Gym<br>Free Ask-An-Athletic Trainer & Blood<br>Pressure Screenings, 11:00a-12:00p,<br>Stolle Center<br>Pickleball, 11:30a-1:30p, LL Gym<br>"Y-Sew-Fun" Sewing Group, 12:00p | <b>8</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Euchre, 9:00a<br>Knit `n Gab, 1:00p                            | <b>9</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Pickleball, 11:30a-1:30p, LL Gym  | <b>10</b> |
| <b>11</b>  | <b>12</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Mexican Train Dominoes,<br>10:00a-12:00p<br>Pickleball, 11:30a-1:30p, LL Gym           | <b>13</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Bridge, 9:00a-4:00p | <b>14</b><br>Table Tennis, 7:30-10:00am, Mini Gym<br>Summer Brunch, 9:30a, \$5.00 a plate<br>Pickleball, 11:30a-1:30p, LL Gym<br>"Y-Sew-Fun" Sewing Group, 12:00p  | <b>15</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Euchre, 9:00a<br>Knit `n Gab, 1:00p                           | <b>16</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Pickleball, 11:30a-1:30p, LL Gym | <b>17</b> |
| <b>18</b>  | <b>19</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Cooking For 1 or 2 Free Workshop,<br>10:00a-11:00a<br>Pickleball, 11:30a-1:30p, LL Gym | <b>20</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Bridge, 9:00a-4:00p | <b>21</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Red's Game Day Trip, 11:00a-4:30p<br>Pickleball, 11:30a-1:30p, LL Gym<br>"Y-Sew-Fun" Sewing Group, 12:00p  | <b>22</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Euchre, 9:00a<br>Book Club, 1:00p-3:00p<br>Knit `n Gab, 1:00p | <b>23</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Pickleball, 11:30a-1:30p, LL Gym | <b>24</b> |
| <b>25</b>  | <b>26</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Mexican Train Dominoes,<br>10:00a-12:00p<br>Pickleball, 11:30a-1:30p, LL Gym           | <b>27</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Bridge, 9:00a-4:00p | <b>28</b><br>Table Tennis, 7:30-10:00am, Mini Gym<br>BINGO!, 10:00a-11:30a, Cost: \$3.00<br>Pickleball, 11:30a-1:30p, LL Gym<br>"Y-Sew-Fun" Sewing Group, 12:00p   | <b>29</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Euchre, 9:00a<br>Knit `n Gab, 1:00p                           | <b>30</b><br>Table Tennis, 7:30-10:00a, Mini Gym<br>Pickleball, 11:30a-1:30p, LL Gym | <b>31</b> |



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Summer 2 - 5 Weeks | July 12 - August 15

# 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   | Reema     | 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   |      |   |     |     |

## 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+ |
|------------------------------|-------|----|------|---------|-----|------|---|-----|-----|
| 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  | Jane    | 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   |      |   |     |     |
| Yogalates                    | 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   | Traci     | 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.