

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	2 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p	3 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	
5	6 Countryside YMCA is closed for Labor Day!	7 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	8 September Birthday Celebrations Table Tennis, 7:30-10:00am, Mini Gym Traditions Resource Table, 10:00a-12:00p 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	9 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p	10 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	11
12	13 Table Tennis, 7:30-10:00a, Mini Gym Introductin to Mindfulness Workshop, 10:00a-11:00a, FREE Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, 1:00p-3:00p	14 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	15 Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	16 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p	17 Table Tennis, 7:30-10:00a, Mini Gym Bunco!, 10:00a-11:30a Pickleball, 11:30a-1:30p, LL Gym	18
19	20 Table Tennis, 7:30-10:00a, Mini Gym Flu Shot Clinic, 10:00a-2:00p Mexican Train Dominoes, 10:00a-12:00p Pickleball, 11:30a-1:30p, LL Gym	21 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	22 Table Tennis, 7:30-10:00a, Mini Gym U.S. Air Force Museum Day Trip, 9:00a-4:00p, Cost: M \$20 / PM \$26 Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	23 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Book Club, 1:00p-3:00p Knit `n Gab, 1:00p	24 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	25
26	27 Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	28 Table Tennis, 7:30-10:00a, Mini Gym Bridge, 9:00a-4:00p	29 Table Tennis, 7:30-10:00a, Mini Gym Carillon Park Day Trip, 10:00a-5:00p, Cost: M \$30 / PM \$39 Bingo!, 10:00a-11:30a, Cost: \$3 Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	30 Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00a Knit `n Gab, 1:00p		



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 1 - 8 Weeks | August 30 - October 24

STOLLE CENTER FITNESS DAY PLANNER

MONDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$	🏊	👤
Intro to Water Fitness	8:00	45	SCP	Bonnie	A		🏊	18+
Time To Stretch	8:00	30	SS	Staff	A			
Senior Strive Circuit	8:30	30	SFR	Staff	A			50+
Aquasize	9:00	50	SCP	Bonnie	2	\$28	🏊	50+
Stretch, Tone & Balance	9:00	30	LLS	Staff	1			
Renew Yoga	9:15	60	SS	Reema	A	\$32		
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	\$	🏊	👤
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	\$32		
Rocking the Waves	6:15	60	SCP	Beckie	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	\$28	🏊	50+
Total Body Conditioning	9:15	60	SFR	Bill	A			
Yin Yoga	9:15	60	SS	Laura	A	\$32		
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	\$	🏊	👤
Shape with Weights	6:00	50	S2	Gloria	1-2			
Hydro Burn	6:15	60	SCP	Janis	3	\$28	🏊	18+

WEDNESDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$	🏊	👤
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	Staff	A			50+
Aquasize	9:00	50	SCP	Jane	2	\$28	🏊	50+
Stretch, Tone & Balance	9:00	30	LLS	Staff	1			
Gentle Pilates	10:30	60	SS	Connie	A	\$32		
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	\$	🏊	👤
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$18	🏊	18+
EVENING	START	⌚	ROOM	LED BY	IL	\$	🏊	👤
Rocking the Waves	6:15	60	SCP	Jillian	2			
Yogalates	6:30	60	SS	Rhonda	A	\$32		

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	\$28	🏊	50+
Total Body Conditioning	9:15	60	SFR	Bill	A			
Yoga Flow	9:15	60	SS	Jennifer	A	\$32		
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	\$	🏊	👤
Shape with Weights	6:00	50	S2	Gloria	1-2			
Hydro Burn	6:15	60	SCP	Janis	3	\$28	🏊	18+

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	\$28	🏊	50+
Stretch, Tone & Balance	9:00	30	LLS	Kelly R.	1			
Gentle Yoga	9:15	60	SS	Traci	A	\$32		
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	\$	🏊	👤
Yoga Flow	8:45	60	SS	Reema	A	\$32		
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: \$25
- 10 Punch Card: \$45
- 20 Punch Card: \$83
- 20 Punch Card for Older Active Adults Ages 50+: \$75

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