



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 1 - 8 Weeks January 4 - February 28 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	Hannah	A	Flex		
Sunrise Splash	6:15	45	IP	Staff	A		🏊	
Boxing Fitness	6:30	30	CTR	Hannah	A	Flex		
Intro to Muscle Max	8:00	50	S2	Judy	1-2			
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	John	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	John	A	Flex		
Zumba Basics	11:45	45	S2	Logan	A			
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	John	A	Flex		
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$18	🏊	18+
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	5:00	30	CTR	John	A	Flex		
Boxing Fitness	5:30	30	CTR	John	A	Flex		
INSANITY LIVE! Virtual via Zoom Meeting ID 893 9404 0211 Passcode 628150	5:00	30		Tim	A			
Strong Core & Body	5:30	45	S2	Mo	3			
Active Flow Yoga Virtual via Zoom Meeting ID 284 250 7477 Passcode 061398	6:00	60		Karen	A	\$31		
Rocking the Waves	6:15	60	SCP	Beckie	2			
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		
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	John	A	Flex		
Power Core on Ball	10:45	45	S2	Connie	A			
Boxing Fitness	11:00	30	CTR	John	A	Flex		
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	John	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	5:00	45	S1	Monica	A	\$31		
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			
Hydro Burn	6:15	60	SCP	Janis	3	\$28	🏊	18+
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	Hannah	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	Hannah	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	Hannah	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	Hannah	A	Flex		
Zumba Basics	11:45	45	S2	Chiaki	A			
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	Hannah	A	Flex		
Community Arthritis Aquatics	12:00	45	SCP	Marsha	1	\$18	🏊	18+
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	5:00	30	CTR	John	A	Flex		
Boxing Fitness	5:30	30	CTR	John	A	Flex		
P90X LIVE! Virtual via Zoom Meeting ID 891 0855 3540 Passcode 944423	5:00	60		Tim	A			
Strong Core & Body	5:30	45	S2	Mo	3			
Rocking the Waves	6:15	60	SCP	Jillian	2			
Active Flow Yoga	6:30	60	SS	Rhonda	A	\$31		
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		
TRX	5:30	45	S1	Monica	A	\$31		
Boxing Fitness	6:00	30	CTR	Jordan	A	Flex		
Muscle Max	6:00	50	S2	Kelly	2-3			
Boxing Fitness	6:30	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	2-3	\$31		
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	John	A	Flex		
Power Core on Ball	10:45	45	S2	Connie	A			
Boxing Fitness	11:00	30	CTR	John	A	Flex		
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	John	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			
Cardio Kickbox Strength	6:00	50	S1	Cristen	2-3			
Cycle Spin	6:00	45	S3	Wals	2-3	\$31		
Shape with Weights	6:00	50	S2	Gloria	1-2			
Hydro Burn	6:15	60	SCP	Janis	3	\$28	🏊	18+
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	Hannah	A	Flex		
Sunrise Splash	6:15	45	IP	Staff	A		🏊	
Boxing Fitness	6:30	30	CTR	Hannah	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	Marsha	3		🏊	
Barre	10:30	60	SS	Connie	A			
Boxing Fitness	10:30	30	CTR	John	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	John	A	Flex		
AFTERNOON	START	🕒	ROOM	LED BY	IL	\$		
Boxing Fitness	12:00	30	CTR	John	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		
Boxing Fitness	8:30	30	CTR	Jordan	A	Flex		
RAMP January 9	8:45	30	S3	Shannon	A			
Boxing Fitness	9:00	30	CTR	Jordan	A	Flex		
Intro to Spin First & Third Sat of the Month	9:00	30	S3	Shannon	A			
Muscle Max	9:00	50	S2	Kelly	2-3			
Boxing Fitness	9:30	30	CTR	Jordan	A	Flex		
Hi/Lo Aerobics	10:15	60	S2	Kelly R	1-2			
P90X LIVE! Virtual via Zoom Meeting ID 820 1299 9031 Passcode 921356	10:30	50		Tim	A			

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	INTENSITY LEVELS
CTR Circuit Training Room A All Fitness Levels	1 Beginner
CP Competition Pool 1 Beginner	2 Intermediate
FAC Family Aquatic Center 2 Intermediate	3 Advanced
IP Instructional Pool 3 Advanced	
LG1 Lower Level Mini Gym	
LLS Lower Level Studio	All classes are for ages 13+ unless otherwise noted.
OPP Outdoor Pool Pavilion	
SS Spirit Studio	
SFR Starter Fitness Room 🏊 Water Fitness class	
SCP Stolle Center Pool	
S1 Studio 1 🏊+ Age Limit	
S2 Studio 2	
S3 Studio 3	



**Youth
Basketball
Leagues**
COUNTRYSIDE YMCA
for ages 4-14

REGISTER NOW!



Saturday,
January 16,
2021
Race begins
at 6:00p

REGISTER NOW!



**STRONG SWIMMERS
CONFIDENT KIDS**

**REGISTER FOR
SWIM LESSONS**



DANCE
at COUNTRYSIDE YMCA

Offering classes for ages 3 & up
in Ballet, Clogging, Tap, Pop/Hip Hop, & more!

REGISTER TODAY!

15 years in the making...

**Magical
Masquerade**
COUNTRYSIDE YMCA GALA



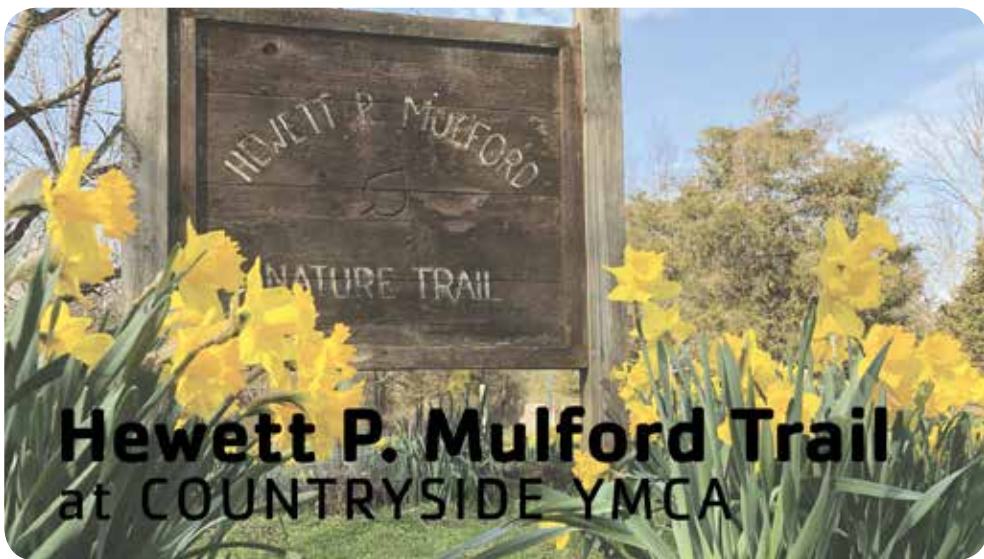
SAVE THE DATE | SATURDAY, FEBRUARY 27, 2021
countrysideymca.org



GYMNASTICS
at COUNTRYSIDE YMCA

Offering classes for ages 2 & up

REGISTER TODAY!



Hewett P. Mulford Trail
at COUNTRYSIDE YMCA

**WANT TO CHANGE UP
YOUR WORKOUT?**

Try one of these classes:

- Intro to Muscle Max
- Intro to Spin
- Boxing Fitness
- & More!



COUNTRYSIDE YMCA

1699 Deerfield Rd
Lebanon, OH 45036

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