



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2 – 8 Weeks

October 25 – December 19

LANDEN FITNESS DAY PLANNER

MONDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	5:30	50	LSB	Emma	2-3			
Cardio Mix	9:15	50	LSB	Carrie	A			
Zumba	9:15	60	LSA	Chiaki	A			
Muscle Max	10:15	50	LSB	Carrie	2-3			
EVENING	START	🕒	ROOM	LED BY	IL	\$		
20/20/20	4:30	60	LSA	Krista	2-3			
Muscle Max	5:45	50	LSB	Krista	2-3			
Barre Virtual Barre via Zoom Meeting ID: 644 908 1457 Password: 9HNT1m	6:00	60						
Zumba	7:00	60	LSB	Jamie	A			

TUESDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Total Body HIIT	5:30	45	LSB	Emma	2-3			
Cardio Sculpt	9:15	50	LSB	Carrie	A			
Senior Sit & Tone	9:30	30	MPS	Christina	1			50+
TRX	9:30	45	LSA	Erin	A	\$32		
Barre	10:30	60	LSA	Jen	A			
Gentle Yoga	10:30	60	MPS	Christina	A	\$32		
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Barre	6:00	60	LSA	Janelle	A			

WEDNESDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Bootcamp	5:30	50	LSB	Sarah	2-3			
Cardio Mix	9:15	50	LSB	Erin	A			
Muscle Max	10:15	50	LSB	Erin	2-3			
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	5:45	50	LSB	Karen	2-3			
Zumba	7:00	60	LSB	Jamie	A			

THURSDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	5:30	50	LSB	Sarah	2-3			
Active Seniors	9:15	60	MPS	Christina	1-2			50+
Muscle Max	9:15	50	LSB	Carrie	2-3			
TRX	9:30	45	LSA	Erin	A	\$32		
Barre	10:30	60	LSA	Jen	A			
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Cardio Sculpt	5:45	50	LSB	Colleen	A			

FRIDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Active Flow Yoga	9:15	75	MPS	Karen	A	\$32		
Zumba	9:15	50	LSB	Chiaki	A			
Cardio Mix	10:45	50	LSB	Erin	A			

SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	7:45	50	LSB	Carrie	2-3			
Muscle Max	9:15	50	LSB	Carrie	2-3			

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

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

KEY

ROOMS

LSA Landen Studio A
LSB Landen Studio B
MPS Multipurpose Studio
SS Spirit Studio

INTENSITY LEVELS

A All Fitness Levels
1 Beginner
2 Intermediate
3 Advanced

All classes are for ages 13+ unless otherwise noted.