

January

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|---|---|--|
| | | | | | | 1 Countryside YMCA is open 10:00a-2:00p, Members only. |
| 2 | 3 January Birthday Celebrations Table Tennis, 7:30-10:00a Pickleball, 10:00a-1:30p, LL Gym Game of Your Choice, 1:00p-3:00p | 4 Table Tennis, 7:30-10:00a Bridge, 9:00a-4:00p | 5 Table Tennis, 7:30-10:00am Pickleball, 10:00a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p | 6 Table Tennis, 7:30-10:00a Euchre, 9:00a Knit `n Gab, 1:00p | 7 Table Tennis, 7:30-10:00a Pickleball, 11:30a-1:30p, LL Gym Game of Your Choice, 1:00p-3:00p | 8 |
| 9 | 10 Table Tennis, 7:30-10:00a Pickleball, 10:00a-1:30p, LL Gym Mexican Train Dominoes, 11:00a-12:30p Movie & Popcorn, 1:00p-3:00p | 11 Table Tennis, 7:30-10:00a Bridge, 9:00a-4:00p | 12 Table Tennis, 7:30-10:00am Free Ask-An-Athletic Trainer, 10:00a-11:00p, Stolle Center Pickleball, 10:00a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p | 13 Table Tennis, 7:30-10:00a Euchre, 9:00a Knit `n Gab, 1:00p | 14 Table Tennis, 7:30-10:00a Pickleball, 10:00a-1:30p, LL Gym | 15 |
| 16 | 17 Table Tennis, 7:30-10:00a Medicare & Muffins, 9:30a-11:30a Pickleball, 10:00a-1:30p, LL Gym Game of Your Choice, 1:00p-3:00p | 18 Table Tennis, 7:30-10:00a Bridge, 9:00a-4:00p | 19 Table Tennis, 7:30-10:00am Pickleball, 10:00a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p | 20 Table Tennis, 7:30-10:00a Euchre, 9:00a Knit `n Gab, 1:00p | 21 Table Tennis, 7:30-10:00a Pickleball, 10:00a-1:30p, LL Gym | 22 |
| 23 | 24 Table Tennis, 7:30-10:00a Pickleball, 10:00a-1:30p, LL Gym Annual Soup Cook Off, 10:00a-1:00p, Cost \$5 Mexican Train Dominoes, 11:00a-12:30p | 25 Table Tennis, 7:30-10:00a Bridge, 9:00a-4:00p | 26 Table Tennis, 7:30-10:00am Free Glucose & Blood Pressure Readings, 9:00a-11:00a Pickleball, 10:00a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p Bingo!, 10:00a-11:30a, Cost: \$3, Event Center | 27 Table Tennis, 7:30-10:00a Euchre, 9:00a Knit `n Gab, 1:00p Book Club, 1:00p-3:00p | 28 Table Tennis, 7:30-10:00a Pickleball, 11:30a-1:30p, LL Gym | 29 |
| 30 | 31 Table Tennis, 7:30-10:00a Ten Keys to Happier Living, 10:00a-11:00a, Free Workshop Pickleball, 10:00a-1:30p, LL Gym | | | | | |



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 1 - 8 Weeks | January 3 - February 27

STOLLE CENTER FITNESS DAY PLANNER

MONDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
|------------------------------|-------|----|------|-----------|-----|------|--|-----|
| Intro to Water Fitness | 8:00 | 45 | SCP | Bonnie | A | | | |
| Time To Stretch | 8:00 | 30 | SS | Tracy | A | | | |
| Senior Strive Circuit | 8:30 | 30 | SFR | Tracy | A | | | 50+ |
| Aquasize | 9:00 | 50 | SCP | Bonnie | 2 | \$30 | | |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Tracy | 1 | | | |
| Renew Yoga | 9:15 | 60 | SS | Reema | A | \$34 | | |
| 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 | Jillian | 1 | \$19 | | |
| EVENING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
| Active Flow Yoga | 6:00 | 60 | SS | Karen | A | \$34 | | |
| 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 | \$ | | |
|------------------------------|-------|----|------|----------|-----|------|--|--|
| Intro to Water Fitness | 8:00 | 45 | SCP | Tracy | A | | | |
| Aquasize | 9:00 | 50 | SCP | Tracy | 2 | \$30 | | |
| Total Body Conditioning | 9:15 | 60 | SFR | Bill | A | | | |
| Yin Yoga | 9:15 | 60 | SS | Laura | A | \$34 | | |
| Aqua Stretch N Tone | 10:05 | 30 | SCP | Tracy | 1 | \$19 | | |
| AFTERNOON | START | ⌚ | ROOM | LED BY | IL | \$ | | |
| Community Arthritis Aquatics | 12:00 | 45 | SCP | Tracy | 1 | \$19 | | |
| EVENING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
| Warm Yoga Mixed Levels | 5:45 | 60 | SS | Jennifer | A | \$34 | | |
| Shape with Weights | 6:00 | 50 | S2 | Gloria | 1-2 | | | |
| Hydro Burn | 6:15 | 60 | SCP | Janis | 3 | \$30 | | |

WEDNESDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
|------------------------------|-------|----|------|---------|-----|------|--|-----|
| Intro to Water Fitness | 8:00 | 45 | SCP | Sue | A | | | |
| Time To Stretch | 8:00 | 30 | SS | Connie | A | | | |
| Senior Strive Circuit | 8:30 | 30 | SFR | Tracy | A | | | 50+ |
| Aquasize | 9:00 | 50 | SCP | Jane | 2 | \$30 | | |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Tracy | 1 | | | |
| Gentle Pilates | 10:30 | 60 | SS | Connie | A | \$34 | | |
| 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 | Jillian | 1 | \$19 | | |
| EVENING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
| Rocking the Waves | 6:15 | 60 | SCP | Jillian | 2 | | | |
| Yogalates | 6:30 | 60 | SS | Rhonda | A | \$34 | | |

THURSDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
|------------------------------|-------|----|------|----------|-----|------|--|--|
| Intro to Water Fitness | 8:00 | 45 | SCP | Tracy | A | | | |
| Aquasize | 9:00 | 50 | SCP | Tracy | 2 | \$30 | | |
| Total Body Conditioning | 9:15 | 60 | SFR | Bill | A | | | |
| Yoga Flow | 9:15 | 60 | SS | Jennifer | A | \$34 | | |
| Aqua Stretch N Tone | 10:05 | 30 | SCP | Tracy | 1 | \$19 | | |
| AFTERNOON | START | ⌚ | ROOM | LED BY | IL | \$ | | |
| Community Arthritis Aquatics | 12:00 | 45 | SCP | Tracy | 1 | \$19 | | |
| EVENING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
| Shape with Weights | 6:00 | 50 | S2 | Gloria | 1-2 | | | |
| Hydro Burn | 6:15 | 60 | SCP | Janis | 3 | \$30 | | |

FRIDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | \$ | | |
|-------------------------|-------|----|------|-----------|-----|------|--|-----|
| Intro to Water Fitness | 8:00 | 45 | SCP | Bonnie | A | | | |
| 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 | \$30 | | |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Kelly R. | 1 | | | |
| Gentle Yoga | 9:15 | 60 | SS | Traci | A | \$34 | | |
| 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 | \$34 | | |
| 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 land fitness classes are for ages 13+ unless otherwise noted.

All water fitness classes are ages 18+

- Water Fitness class
- 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: \$26
- 10 Punch Card: \$47
- 20 Punch Card: \$87
- 20 Punch Card for Older Active Adults Ages 50+: \$79

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