

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pickleball, 1:00p-3:00p, LL Gym	2 May Birthday Celebrations Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Game of Your Choice, 1:00p-3:00p	3 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	4 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Free Ask-A-PT, 10:00a-11:00p, Stolle Center "Y-Sew-Fun" Sewing Group, 12:00p	5 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a	6 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mother's Day Tea, 11:00a	7
8 Pickleball, 1:00p-3:00p, LL Gym	9 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mexican Train Dominoes, 10:00a-12:00p Movie & Popcorn, 1:00p-3:00p	10 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	11 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	12 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a	13 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	14
15 Pickleball, 1:00p-3:00p, LL Gym	16 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Medicare & Muffins, 9:30a-11:30a Free Workshop 'A Walk in the Woods', 10:00a-11:00a Game of Your Choice, 1:00p-3:00p	17 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	18 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	19 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a	20 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	21
22 Pickleball, 1:00p-3:00p, LL Gym	23 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mexican Train Dominoes, 10:00a-12:00p Lunch & Cake Decorating Trip, 12:00p-2:30p	24 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	25 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo!, 10:00a-11:30a, Cost: \$3, Event Center "Y-Sew-Fun" Sewing Group, 12:00p	26 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a Book Club, 1:00p-3:00p	27 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	28
29 Pickleball, 1:00p-3:00p, LL Gym	30 Memorial Day Countryside YMCA Closed	31 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p				



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring - 5 Weeks | April 25 - May 29

STOLLE CENTER FITNESS DAY PLANNER

MONDAY

MORNING	START	⌚	ROOM	LED BY	IL	PM\$		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	\$30	🏊	
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	\$45		
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	Staff	A			
AFTERNOON	START	⌚	ROOM	LED BY	IL	PM\$		
Community Arthritis Aquatics	12:00	45	SCP	Jillian	1	\$18	🏊	
EVENING	START	⌚	ROOM	LED BY	IL	PM\$		
Active Flow Yoga	6:00	60	SS	Karen	A	\$45		
Rocking the Waves	6:15	60	SCP	Beckie	2	\$30		
Hi/Lo Aerobics	6:30	50	S1	Gloria	1-2			

TUESDAY

MORNING	START	⌚	ROOM	LED BY	IL	PM\$		
Intro to Water Fitness	8:00	45	SCP	Tracy	A	\$30	🏊	
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	\$45		
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$22	🏊	
AFTERNOON	START	⌚	ROOM	LED BY	IL	PM\$		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$18	🏊	
EVENING	START	⌚	ROOM	LED BY	IL	PM\$		
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	A	\$45		
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	PM\$		
Intro to Water Fitness	8:00	45	SCP	Sue	A	\$30	🏊	
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	\$45		
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	PM\$		
Community Arthritis Aquatics	12:00	45	SCP	Jillian	1	\$18	🏊	
EVENING	START	⌚	ROOM	LED BY	IL	PM\$		
Rocking the Waves	6:15	60	SCP	Kathy	2	\$30		
Yogalates	6:30	60	SS	Rhonda	A	\$45		

THURSDAY

MORNING	START	⌚	ROOM	LED BY	IL	PM\$		
Intro to Water Fitness	8:00	45	SCP	Tracy	A	\$30	🏊	
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	\$45		
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$22	🏊	
AFTERNOON	START	⌚	ROOM	LED BY	IL	PM\$		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$18	🏊	
EVENING	START	⌚	ROOM	LED BY	IL	PM\$		
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	PM\$		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	\$30	🏊	
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	\$45		
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	PM\$		
Yoga Flow	8:45	60	SS	Hannah	A	\$45		
Hi/Lo Aerobics	10:15	50	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

Program Members can take a **Specialty Fitness Class** by signing up for the session.

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