



FITNESS DAY PLANNER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

Morning	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cycle Spin	5:15	45	S3	Christy B	\$30
Early Morning Workout	6:00	45	IP	Liz	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Andrea	
Senior Strive Circuit	8:30	30	CTR	Rich	
Stretch, Tone, & Balance	9:00	30	LLS	Rich	
Aquasize	9:05	50	SCP	Andrea	\$24
Cycle Spin	9:15	45	S3	Theo	\$30
Muscle Max	9:15	50	S2	Mikhael	
Cross Training	9:30	50	S1	Kendal	
Get Bendy Stretching	9:45	30	CTR	Rich	
Hi / Lo Aerobics	10:15	50	S2	Gloria	
Liquid Cardio	10:15	60	CP	Laura	
Senior Sit-N-Tone	10:30	30	S1	Kendal	
Zumba Basics	11:15	45	S2	Anita	
Community Arthritis Aquatics	12:00	45	SCP	Jane	\$16
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
Youth Body Conditioning	5:00	60	CTR	Anna	
Circuit Training Express	5:00	120	CTR	Anna	
Strong Core & Body	5:30	45	S2	Mo	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
INSANITY LIVE!	5:45	30	S1	Tim	
Aqua Combo	6:15	60	SCP	Staff	
Cycle Spin	6:30	45	S3	Mo	\$30
Hi/Lo Aerobics	6:30	50	S1	Gloria	
Yoga Mixed Levels	6:30	75	SS	Karen	\$30
Muscle Max	7:00	50	S2	Anna	
30m Quick Fit	7:30	30	CTR	Gloria	
Rocking the Waves	7:30	45	FAC	Staff	
Zumba	8:00	60	S2	Terrie	

Tuesday

Morning	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cardio Core	5:15	45	S2	Mo	
Early AM Boot Camp	6:00	50	S1	Monica	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Tracy	
Aquasize	9:05	50	SCP	Tracy	\$24
Cycle Spin	9:15	45	S3	Shanon	\$30
Cardio Kick Boot Camp	9:15	50	S1	Jamie	
Muscle Max	9:15	50	S2	Destiny	
Zumba	9:15	60	LLS	Bea	
Total Body Conditioning	9:15	60	CTR	Bill	
Yin Yoga	9:15	60	SS	Christy M	\$30
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$14
Liquid Cardio	10:15	60	CP	Karla	
Power Core on Ball	10:30	45	S2	Connie	
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$16
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
Zumba	4:45	60	S2	Tobi	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
Cycle Spin	6:00	45	S3	Rich	\$30
Shape with Weights & Cardio	6:00	50	S2	Gloria	
Cardio Kick Boot Camp	6:00	50	S1	Karen	
H2O Dance Party	6:20	45	SCP	Barb	\$24
Circuit Training Express	6:30	60	CTR	Anna	
Abs & Glutes	7:00	30	S1	Karen	
Pilates Mix	7:00	60	SS	Katie	\$30
Zumba	7:00	60	S2	Terrie	
Water Barre Workout	7:15	45	SCP	Laura	\$24

Wednesday

Morning	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cycle Spin	5:15	45	S3	Christy B	\$30
Early Morning Workout	6:00	45	IP	Liz	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Sue	
Senior Strive Circuit	8:30	30	CTR	Beth	
Stretch, Tone, & Balance	9:00	30	LLS	Beth	
Aquasize	9:05	50	SCP	Sue	\$24
Cycle Spin	9:15	45	S3	Bill	\$30
Muscle Max	9:15	50	S2	Elizabeth	
Yoga 101	9:15	60	SS	Christy M	\$30
Cross Training	9:30	50	S1	Kendal	
Get Bendy Stretching	9:45	30	CTR	Connie	
Hi / Lo Aerobics	10:15	50	S2	Gloria	
Liquid Cardio	10:15	60	CP	Jillian	
Senior Sit-N-Tone	10:30	30	S1	Beth	
Gentle Pilates	10:30	60	SS	Connie	\$30
Zumba Basics	11:15	45	S2	Anita	
Community Arthritis Aquatics	12:00	45	SCP	Jane	\$16
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
Youth Body Conditioning	5:00	60	CTR	Suzy	
Circuit Training Express	5:00	120	CTR	Suzy	
Strong Core & Body	5:30	45	S2	Mo	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
INSANITY LIVE!	5:45	30	MIG	Tim	
INSANITY LIVE!	6:15	30	MIG	Tim	
Aqua Combo	6:15	60	SCP	Penny	\$24
Cycle Spin	6:30	45	S3	Mo	\$30
Hi / Lo Aerobics	6:30	50	LLS	Gloria	
Muscle Max	7:00	50	S2	Anna	
Rocking The Waves	7:30	45	FAC	Penny	

Thursday

Morning	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cycle Spin	5:15	45	S3	Mo	\$30
Abs & Glutes	5:30	30	S1	Monica	
Early AM Boot Camp	6:00	50	S1	Monica	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Tracy	
Aquasize	9:05	50	SCP	Tracy	\$24
Yoga Flow	9:15	60	SS	Christy M	\$30
Cardio Kick Boot Camp	9:15	50	S1	Jamie	
Muscle Max	9:15	50	S2	Destiny	
Zumba	9:15	60	LLS	Bea	
Total Body Conditioning	9:15	60	CTR	Bill	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$14
Liquid Cardio	10:15	60	CP	Laura	
Power Core on Ball	10:30	45	S2	Connie	
Barre	10:30	60	SS	Janell	
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$16
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly	
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly	
Cycle Spin	6:00	45	S3	Michael	\$30
Zumba Basics	6:00	45	SS	Lisa	
Shape with Weights & Cardio	6:00	50	S2	Gloria	
Cardio Kick Boot Camp	6:00	50	S1	Karen	
Circuit Training Express	6:30	60	CTR	Carrie	
Hydro Burn	6:45	60	SCP	Janis	\$24
Zumba	7:00	60	S2	Terrie	
Warm Yoga	7:00	60	SS	Sheri	\$30

Friday

Morning	Start	⌚	Room	Led by	\$
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly	
Cardio Core	5:15	45	S2	Mo	
Early Morning Workout	6:15	60	IP	Liz	
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly	
Intro to Water Fitness	8:05	45	SCP	Andrea	
Senior Strive Circuit	8:30	30	CTR	Diana	
Stretch, Tone, & Balance	9:00	30	LLS	Kendal	
Aquasize	9:05	50	SCP	Andrea	\$24
30 Minute Quick Fit	9:15	30	CTR	Diana	
Cycle Spin	9:15	45	S3	Theo	\$30
Muscle Max	9:15	50	S2	Mikhael	
Gentle Yoga	9:15	60	SS	Natasha	\$30
Cross Training	9:30	50	S1	Destiny	
Get Bendy Stretching	9:45	30	CTR	Diana	
Hi / Lo Aerobics	10:15	50	S2	Gloria	
Liquid Cardio	10:15	60	CP	Pucko	
Senior Sit-N-Tone	10:30	30	S1	Kendal	
Barre	10:30	60	SS	Connie	
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly	
Afternoon	Start	⌚	Room	Led by	\$
Zumba	7:00	60	S2	Terrie	

Saturday

Morning	Start	⌚	Room	Led by	\$
Cycle Spin	7:45	45	S3	Shannon	\$30
P90X Live	8:30	50	S2	Tim	
STRONG by Zumba	9:00	50	S1	Kelly	Begins 2/10
CrossFit Workout of the Day	9:00	60	CFS	CrossFit Superfly	
Circuit Training Express	9:30	90	CTR	Staff	
Hi / Lo Aerobics	10:15	50	S2	Gloria	

Sunday

Afternoon	Start	⌚	Room	Led by	\$
Zumba Toning	1:15	30	S2	Terrie	
Zumba	2:00	60	S2	Terrie	

Fees & Flex Cards

To take a Specialty Fitness Class, members can either sign up for an eight-week session of classes 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: \$20
20 Punch Card: \$74
10 Punch Water Fitness Card: \$35

Key

CFS CrossFit Studio located across the street
CTR Circuit Training Room
LLS Lower Level Studio
MIG Mini Gym
S1 Studio 1
S2 Studio 2 Near the North Entry
S3 Studio 3 Near the North Entry
SS Spirit Studio Above the Physical Desk, near the track.

CP Competition Pool
IP Instructional Pool
SCP Stolle Pool
FAC Family Aquatic Center

All classes are for ages 13+ unless otherwise noted.

Specialty class: fee applies
Fee reflects price for an 8-week session of classes.

Water Fitness class
 Class is for ages shown

Search, register, and pay for classes online

www.countrysideymca.org

