



COUNTRYSIDE YMCA | LANDEN

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:20A Muscle Max Anna (B)		5:30-6:20A Boot Camp Anna (B)	5:30-6:20A Muscle Max Anna (B)		8:00-8:50A Muscle Max Carrie (B)
9:15-10:05A Cardio Mix Carrie (B)	9:15-10:05A Power Core Carrie (B)	9:15-10:05A Cardio Mix Erin (B)	9:15-10:05A Muscle Max Carrie (B)	9:15-9:45A Tabata Carrie (B)	9:15-10:05A Muscle Max Carrie (B)
9:15-10:30A Yoga \$ Christy (S)	9:15-10:30A Hot Yoga \$ Christy (S)	9:15-10:00A Cycle Spin \$ Rich (A)	9:15-10:30A Hot Yoga \$ Deanna (S)	9:15-10:30A Warm Yoga \$ Karen (S)	
9:15-10:15A Zumba Chiaki (A)	9:30-10:15A TRX \$ Erin (A)	9:30-11:30A MOPS \$ Jess M. 1 st /3 rd of each month	9:30-10:15A TRX \$ Erin (A)	9:15-10:15A Zumba Dana (A)	9:30-10:00A Kid Fit Ages 3-6 Staff (A)
				9:45-10:10A Abs & Glutes Carrie (B)	10:15-11:15A Zumba Dana (B)
10:15-11:05A Muscle Max Carrie (B)	10:30-11:30A Barre Core \$ Jess (A)	10:15-11:05A Muscle Max Erin (B)		10:30-11:30A HIT Barre \$ Jen (A)	
6:00-6:30P Kid Fit Ages 3-6 Libby (A)		6:00-6:30P Kid Fit Ages 3-6 Libby (A)	4:30-5:30P Bible Study Sherry (S)		
6:00-6:50P Intervals Jamie E. (B)	6:00-7:00P Total Body Barre \$ Janelle (A)		6:00-7:00P HIT Barre \$ Jen (A)		
	6:00-7:00P Self Defense \$ 8 week class Dr. Bobbert (B)	6:00-6:50P Muscle Max Karen (B)		LOCATIONS (A)- Studio A (B) - Studio B (S) - Spirit Studio (O)- Outdoor Program FEES \$ - Class is an additional fee	
7:00-8:00P Zumba Jamie M. (B)	7:05-8:05P Tai Chi \$ 8 week class Dr. Bobbert (A)	7:00-8:00P Zumba Jamie M. (B)			
	7:15-8:15P Archery 8 week class (B)		7:00-9:00P Table Tennis YX4019 (B)	*****SUNDAY***** 2:00-5:30P Table Tennis YX4019 (B)	

***COUNTRYSIDE LANDEN | YMCA WILL BE CLOSED MONDAY, SEPTEMBER 4, 2017**

IN OBSERVANCE OF LABOR DAY