



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall II Fitness Day Planner October 24 - December 18

Countryside YMCA | Lebanon

MONDAY

| MORNING | START | ROOM | LED BY | IL | PMS | | |
|-------------------------|-------|------|--------|---------|-----|------|-----|
| Cycle Spin | 5:15 | 45 | 53 | Michael | 3 | \$72 | |
| Boxing Fitness | 6:00 | 30 | CTR | Hannah | A | \$36 | |
| Sunrise Splash | 6:15 | 45 | IP | Laurie | A | \$48 | 🚿 |
| Intro To Muscle Max | 8:00 | 50 | S2 | Judy | 1-2 | | |
| Intro To Water Fitness | 8:00 | 45 | SCP | Bonnie | A | \$30 | 🚿 |
| Time To Stretch | 8:00 | 30 | S5 | Tracy | A | | |
| Senior Strive Circuit | 8:30 | 30 | SFR | Tracy | A | | 50+ |
| Aquasize | 9:00 | 30 | SCP | Bonniw | 2 | \$30 | 🚿 |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Tracy | 1 | | |
| Cross Training | 9:15 | 50 | S1 | Kendal | A | | |
| Cycle Spin | 9:15 | 45 | S3 | Mo | 2-3 | \$72 | |
| Muscle Max | 9:15 | 50 | S2 | Mikhael | 2-3 | | |
| Renew Yoga | 9:15 | 60 | S5 | Reema | A | \$72 | |
| Liquid Cardio | 10:15 | 60 | CP | Laura | 3 | \$30 | 🚿 |
| 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 | Holly | A | | |

| AFTERNOON | START | ROOM | LED BY | IL | PM \$ | | |
|------------------------------|-------|------|--------|---------|-------|------|---|
| Community Arthritis Aquatics | 12:00 | 45 | SCP | Jillian | 1 | \$18 | 🚿 |

| EVENING | START | ROOM | LED BY | IL | PMS | | |
|--------------------|-------|------|--------|--------|-----|------|--|
| Boxing Fitness | 5:00 | 30 | CTR | Jon | A | \$36 | |
| Boxing Fitness | 5:30 | 30 | CTR | Jon | A | \$36 | |
| Core De Force | 5:30 | 45 | S1 | Tim | A | | |
| Strong Core & Body | 5:30 | 45 | S2 | Mo | 3 | | |
| Active Flow Yoga | 6:00 | 60 | S5 | Karen | A | \$72 | |
| Rocking the Waves | 6:15 | 60 | SCP | Beckie | 2 | \$30 | |
| Cycle Spin | 6:30 | 45 | S3 | Mo | 3 | \$72 | |
| HI/Lo Aerobics | 6:30 | 50 | S1 | Gloria | 1-2 | | |
| Muscle Max | 7:00 | 50 | S2 | Olivia | 2-3 | | |
| Zumba | 8:00 | 60 | S1 | Terrie | A | | |

WEDNESDAY

| MORNING | START | ROOM | LED BY | IL | PMS | | |
|-------------------------|-------|------|--------|---------|-----|------|-----|
| Cycle Spin | 5:15 | 45 | S3 | Michael | 3 | \$72 | |
| Boxing Fitness | 6:00 | 30 | CTR | Hannah | A | \$36 | |
| Sunrise Splash | 6:15 | 45 | IP | Laurie | A | \$48 | 🚿 |
| Intro To Water Fitness | 8:00 | 45 | SCP | Sue | A | \$30 | 🚿 |
| Time To Stretch | 8:00 | 30 | CTR | Connie | A | | |
| Senior Strive Circuit | 8:30 | 30 | SFR | Tracy | A | | 50+ |
| Aquasize | 9:00 | 50 | SCP | Desiree | 2 | \$30 | 🚿 |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Tracy | 1 | | |
| Cross Training | 9:15 | 50 | S1 | Kendal | A | | |
| Cycle Spin | 9:15 | 45 | S3 | Thomas | 2-3 | \$72 | |
| Muscle Max | 9:15 | 50 | S2 | Michael | 2-3 | | |
| Liquid Cardio | 10:15 | 60 | CP | Tracy | 3 | \$30 | 🚿 |
| Gentle Pilates | 10:30 | 60 | S5 | Connie | A | \$72 | |
| 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 | PMS | | |
|------------------------------|-------|------|--------|---------|-----|------|---|
| Community Arthritis Aquatics | 12:00 | 45 | SCP | Jillian | 1 | \$18 | 🚿 |

| EVENING | START | ROOM | LED BY | IL | PMS | | |
|--------------------|-------|------|--------|--------|-----|------|---|
| P90X LIVE! | 5:30 | 60 | S1 | Tim | A | | |
| Strong Core & Body | 5:30 | 45 | S2 | Mo | 3 | | |
| Rocking the Waves | 6:15 | 60 | SCP | Kathy | 2 | \$30 | 🚿 |
| Yogalates | 6:30 | 60 | S5 | Rhonda | A | \$72 | |
| Cycle Spin | 6:30 | 45 | S3 | Mo | 3 | \$72 | |
| Muscle Max | 7:00 | 50 | S2 | Olivia | 2-3 | | |

FRIDAY

| MORNING | START | ROOM | LED BY | IL | PMS | | |
|-------------------------|-------|------|--------|-----------|-----|------|-----|
| Cardio Core | 5:15 | 45 | S2 | Anna | 3 | | |
| Boxing Fitness | 6:00 | 30 | CTR | Hannah | A | \$36 | |
| Sunrise Splash | 6:15 | 45 | IP | Laurie | A | \$30 | 🚿 |
| Intro To Water Fitness | 8:00 | 45 | SCP | Bonnie | A | \$30 | 🚿 |
| Time To Stretch | 8:00 | 30 | S5 | Kelly R | A | | |
| Aquasize | 9:00 | 50 | SCP | Bonnie | 2 | \$30 | 50+ |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Kelly R | 1 | | 🚿 |
| Cross Training | 9:15 | 50 | S1 | Destiny | A | | |
| Cycle Spin | 9:15 | 45 | S3 | Mo | 2-3 | \$72 | |
| Gentle Yoga | 9:15 | 60 | S5 | Traci | A | \$72 | |
| Muscle Max | 9:15 | 50 | S2 | Christina | 2-3 | | |
| Liquid Cardio | 10:15 | 60 | CP | Brienne | 3 | \$30 | |
| Barre | 10:30 | 60 | S5 | Connie | A | | 🚿 |
| HI/Lo Aerobics | 10:30 | 30 | S2 | Gloria | 1-2 | | |
| Senior Sit & Tone | 10:45 | 30 | S1 | Christina | 1 | | 50+ |

| EVENING | START | ROOM | LED BY | IL | PMS | | |
|---------|-------|------|--------|--------|-----|--|--|
| Zumba | 6:00 | 60 | S2 | Terrie | A | | |

TUESDAY

| MORNING | START | ROOM | LED BY | IL | PMS | | |
|-------------------------|-------|------|--------|---------|-----|------|---|
| Cardio Core | 5:15 | 45 | S2 | Anna | 3 | | |
| Intro To Water Fitness | 8:00 | 45 | SCP | Tracy | A | \$30 | 🚿 |
| Aquasize | 9:00 | 50 | SCP | Tracy | 2 | \$30 | 🚿 |
| Cardio Kick Boot Camp | 9:15 | 50 | S1 | Jamie | 2-3 | | |
| Cycle Spin | 9:15 | 45 | S3 | Thomas | 2 | \$72 | |
| Muscle Max | 9:15 | 50 | S2 | Destiny | 2-3 | | |
| Total Body Conditioning | 9:15 | 60 | SFR | Bill | A | | |
| Yin Yoga | 9:15 | 60 | S5 | Laura | A | \$72 | |
| Zumba | 9:15 | 60 | LLS | Bea | A | | |
| Aqua Stretch N Tone | 10:00 | 30 | SCP | Tracy | 1 | \$22 | 🚿 |
| Liquid Cardio | 10:15 | 60 | CP | Ann | 3 | \$30 | 🚿 |
| Boxing Fitness | 10:30 | 30 | CTR | Jon | A | \$36 | |
| Power Core on Ball | 10:30 | 45 | S2 | Connie | A | | |

| AFTERNOON | START | ROOM | LED BY | IL | PMS | | |
|------------------------------|-------|------|--------|-------|-----|------|---|
| Community Arthritis Aquatics | 12:00 | 45 | SCP | Tracy | 1 | \$18 | 🚿 |

| EVENING | START | ROOM | LED BY | IL | PMS | | |
|------------------------|-------|------|--------|----------|-----|------|---|
| Zumba | 4:45 | 60 | S2 | Chiaki | A | | |
| TRX | 5:00 | 45 | S1 | Monica | A | \$72 | |
| Warm Yoga Mixed Levels | 5:45 | 60 | S5 | Jennifer | A | \$72 | |
| Cycle Spin | 6:00 | 45 | S3 | Carrie L | 2-3 | \$72 | |
| Shape With Weights | 6:00 | 50 | S2 | Gloria | 1-2 | | |
| AO (All Out) HIIT | 6:00 | 50 | S1 | Cristen | 2-3 | | |
| Hydro Burn | 6:15 | 60 | SCP | Janis | 3 | \$30 | 🚿 |
| Abs & Glutes | 7:00 | 30 | S5 | Hannah | A | | |
| Muscle Max | 7:15 | 50 | S2 | Cristen | 2-3 | | |
| Zumba | 7:15 | 60 | S1 | Terrie | A | | |

THURSDAY

| MORNING | START | ROOM | LED BY | IL | PMS | | |
|-------------------------|-------|------|--------|----------|-----|------|---|
| TRX | 5:30 | 45 | S1 | Monica | A | \$63 | |
| Muscle Max | 6:00 | 50 | S2 | Kelly | 2-3 | | |
| Intro To Water Fitness | 8:00 | 45 | SCP | Tracy | A | \$30 | 🚿 |
| Aquasize | 9:00 | 50 | SCP | Tracy | 2 | \$30 | 🚿 |
| Cardio Kick Boot Camp | 9:15 | 50 | S1 | Jamie | 2-3 | | |
| Cycle Spin | 9:15 | 45 | S3 | Staff | 2-3 | \$63 | |
| Muscle Max | 9:15 | 50 | S2 | Destiny | 2-3 | | |
| Total Body Conditioning | 9:15 | 60 | SFR | Bill | A | | |
| Slow Flow Yoga | 9:15 | 60 | S5 | Jennifer | A | \$63 | |
| Zumba | 9:15 | 60 | LLS | Bea | A | | |
| Aqua Stretch N Tone | 10:00 | 30 | SCP | Tracy | 1 | \$22 | 🚿 |
| Liquid Cardio | 10:15 | 60 | CP | Laura | 3 | \$30 | 🚿 |
| Power Core on Ball | 10:30 | 45 | S2 | Connie | A | | |
| Barre | 10:30 | 60 | S5 | Janelle | A | | |
| Boxing Fitness | 10:30 | 30 | CTR | Jon | A | \$32 | |
| Boxing Fitness | 11:00 | 30 | CTR | Jon | A | \$32 | |

| AFTERNOON | START | ROOM | LED BY | IL | PMS | | |
|------------------------------|-------|------|--------|-------|-----|------|---|
| Community Arthritis Aquatics | 12:00 | 45 | SCP | Tracy | 1 | \$18 | 🚿 |

| EVENING | START | ROOM | LED BY | IL | PMS | | |
|-------------------------|-------|------|--------|---------|-----|------|---|
| Zumba | 4:45 | 60 | S2 | Chiaki | A | | |
| Cardio Kickbox Strength | 6:00 | 50 | S1 | Cristen | 2-3 | | |
| Cycle Spin | 6:00 | 45 | S3 | Wals | 2-3 | \$63 | |
| Shape With Weights | 6:00 | 50 | S2 | Gloria | 1-2 | | |
| Hydro Burn | 6:15 | 60 | SCP | Janis | 3 | \$30 | 🚿 |
| Muscle Max | 7:15 | 50 | S2 | Cristen | 2-3 | | |
| Zumba | 7:15 | 60 | S1 | Terrie | A | | |

SATURDAY

| MORNING | START | ROOM | LED BY | IL | PMS | | |
|----------------|-------|------|--------|---------|-----|------|--|
| Cycle Spin | 7:45 | 45 | S3 | Shannon | 2-3 | \$72 | |
| Yoga Flow | 8:45 | 60 | S5 | Hannah | A | \$72 | |
| Intro To Spin | 9:00 | 30 | S3 | Shannon | A | | |
| Muscle Max | 9:00 | 50 | S2 | Kelly | 2-3 | | |
| Strong | 9:30 | 45 | S1 | Tina | A | | |
| HI/Lo Aerobics | 10:15 | 50 | S2 | Kelly R | 1-2 | | |

SUNDAY

| MORNING | START | ROOM | LED BY | IL | | | |
|--------------|-------|------|--------|--------|---|--|--|
| Zumba Toning | 1:15 | 30 | S2 | Terrie | A | | |
| Zumba | 2:15 | 60 | S2 | Terrie | A | | |

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
- OPP Outdoor Pool Pavilion
- ORC Outdoor Recreation Center
- S5 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+

50+ Age Limit

🚿 Water Fitness class



RESERVE YOUR SPOT
IN OUR APP!



Register
Online

CHECK OUT OUR
UPCOMING EVENTS

KIDS TRI August

GOLF OUTING September

APPLE FEST September

VET TRAIL RUN November

FEES Program Members can take a Specialty Fitness Class by signing up for the session. Specialty Fitness Class fees do not apply to full members.