



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall I Fitness Day Planner

August 29- October 23  
Countryside YMCA | Landen

## MONDAY

MORNING	START	🕒	ROOM	LED BY	IL	PMS
Muscle Max	5:30	50	LSB	Emma	2-3	
Cardio Mix	9:15	50	LSB	Carrie	A	
Zumba	9:15	60	LSA	Chiaki	A	
Muscle Max	10:15	50	LSB	Carrie	2-3	

  

EVENING	START	🕒	ROOM	LED BY	IL	PMS
Muscle Max	5:45	50	LSB	Colleen	2-3	
Zumba	7:00	60	LSB	Jamie	A	

## TUESDAY

MORNING	START	🕒	ROOM	LED BY	IL	PMS
Total Body HIIT	5:30	45	LSB	Emma	2-3	
Cardio Sculpt	9:15	50	LSB	Carrie	A	
Senior Sit & Tone	9:30	30	MPS	Christina	1	50+
TRX	9:30	45	LSA	Erin	A	\$72
Gentle Yoga	10:30	60	MPS	Christina	A	\$72

  

EVENING	START	🕒	ROOM	LED BY	IL	PMS
Barre	6:00	60	LSA	Janelle	A	

## WEDNESDAY

MORNING	START	🕒	ROOM	LED BY	IL	PMS
Bootcamp	5:30	50	LSB	Sarah	2-3	
Cardio Mix	9:15	50	LSB	Erin	A	
Muscle Max	10:15	50	LSB	Erin	2-3	

  

EVENING	START	🕒	ROOM	LED BY	IL	PMS
Muscle Max	5:45	50	LSB	Carrie	2-3	
Zumba	7:00	60	LSB	Jamie	A	

## THURSDAY

MORNING	START	🕒	ROOM	LED BY	IL	PMS
Muscle Max	5:30	50	LSB	Sarah	2-3	
Active Seniors	9:15	60	MPS	Holly	1-2	50+
Muscle Max	9:15	50	LSB	Carrie	2-3	
TRX	9:30	45	LSA	Erin	A	\$72

  

EVENING	START	🕒	ROOM	LED BY	IL	PMS
Cardio Sculpt	5:45	50	LSB	Colleen	A	

## FRIDAY

MORNING	START	🕒	ROOM	LED BY	IL	PMS
Zumba	9:00	50	LSB	Chiaki	A	
Active Flow Yoga	9:15	75	MPS	Karen	A	\$72
Cardio Mix	10:15	50	LSB	Erin	A	

## SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	PMS
Muscle Max	7:45	50	LSB	Carrie	2-3	
Muscle Max	9:15	50	LSB	Carrie	2-3	

## KEY

### Rooms

LSA Landen Studio A  
LSB Landen Studio B  
MPS Multipurpose Studio  
SS Spirit Studio

### Intensity Levels

A All Fitness Levels  
1 Beginner  
2 Intermediate  
3 Advanced

All classes are 13+ unless otherwise noted.

## 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.



RESERVE YOUR SPOT  
IN OUR APP!

**Countryside YMCA | Landen**

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