



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall II Fitness Day Planner

October 24– December 18
Countryside YMCA | Landen

MONDAY

MORNING	START	🕒	ROOM	LED BY	IL	PM\$
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	PM\$
Pound	4:30	60	LSB	Olivia	A	
Muscle Max	5:45	50	LSB	Colleen	2-3	
Zumba	7:00	60	LSB	Jamie	A	

TUESDAY

MORNING	START	🕒	ROOM	LED BY	IL	PM\$
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	PM\$
Barre	6:00	60	LSA	Janelle	A	

WEDNESDAY

MORNING	START	🕒	ROOM	LED BY	IL	PM\$
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	
Women's Bible Study	10:00	90	MPS			

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

THURSDAY

MORNING	START	🕒	ROOM	LED BY	IL	PM\$
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	\$63

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

FRIDAY

MORNING	START	🕒	ROOM	LED BY	IL	PM\$
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	PM\$
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

2894 US-22, Maineville, OH 45039

(513) 583-5580

countrysideymca.org