



COUNTRYSIDE YMCA | LANDEN

Fitness Class Schedule

MARCH 2019

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)	5:45-6:30A STRONG by Zumba Jamie M. (B)	8:00-8:50A Muscle Max Carrie (B)
9:15-10:05A Cardio Mix Carrie (B)	9:15-10:05A Cardio Sculpt 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)
9:15-10:15A Zumba Chiaki (A)		9:15-10:00A Cycle Spin \$ Rich (A)	9:15-10:15A Balance Flow Yoga \$ Natasha (S)	9:15-10:30A Warm Yoga \$ Karen (S)	
	9:30-10:15A TRX \$ Erin (A)		9:30-10:15A TRX \$ Erin (A)	9:15-10:15A Zumba Chiaki (A)	10:00-11:30A Kid Crafts Ages 6-12 Libby (PS) Max = 10
	9:30-11:30A MOPS \$ Instructor: Kate 1 st /3 rd of ea month			9:45-10:10A Abs & Glutes Carrie (B)	10:15-11:15A Zumba Staff (B)
10:15-11:05A Muscle Max Carrie (B)	10:30-11:30A Barre Jen (A)	10:15-11:05A Muscle Max Erin (B)		10:30-11:30A Barre Jen (A)	
6:00-6:50P Intervals Jamie E. (B)	6:00-7:00P Barre Janelle (A)	6:00-6:50P Muscle Max Karen (B)	6:00-7:00P Barre Colleen (A)		
	6:00-7:00P Self Defense \$ 8 week class Dr. Bobbert (B)			LOCATIONS (A)- Studio A (B) - Studio B (S) - Spirit Studio (PS) - Preschool (O)- Outdoor Program FEES \$ - Class is an additional fee	
7:00-8:00P Zumba Jamie M. (B)	7:15-8:15P Tai Chi \$ 8 week class Dr. Bobbert (A)	7:00-8:00P Zumba Jamie M. (B)			
7:00-8:00P Kid Crafts Ages 6-12 Libby (PS) Max = 10		7:00-8:00P Kid Crafts Ages 6-12 Libby (PS) Max = 10	7:15-9:00P Table Tennis YX4019 (B)	*****SUNDAY***** 2:00-5:30P Table Tennis YX4019 (B)	