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<th>Sunday</th>
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<td>Table Tennis, 7:30–10:00am, Mini Gym</td>
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<td>Euchre, 9:00am</td>
<td>National Ohio Trivia Game Day, 9:30a–11:00a</td>
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<td>Trikes, 9:00–10:00am, Main Gym</td>
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<td>November Birthday Celebrations</td>
<td>Table Tennis, 7:30–10:00am, Mini Gym</td>
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<td>Table Tennis, 7:30–10:00am, Mini Gym</td>
<td>Euchre, 9:00am</td>
<td>Free Ask-A-Physical Therapist &amp; Blood Pressure Screenings, 10:00–11:00a, Stolle Center</td>
<td>Learn to Play Chess, 10:00am–11:00a</td>
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<td>Senior Moments Technology Help, 11:00a–12:30p</td>
<td>Trikes, 9:00–10:00am, Main Gym</td>
<td>Learn to Play Chess, 10:00am–11:00a</td>
<td>Euchre, 9:00am</td>
<td>Pickleball, 11:30a–1:30p, LL Gym</td>
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<td>Trikes, 9:00–10:00am, Main Gym Bridge, 9:00a–4:00p</td>
<td>Pickleball, 11:30a–1:30p, LL Gym</td>
<td>Veteran’s Day Celebration and Luncheon, 12:00p</td>
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<td>Thanksgiving Day</td>
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<td>Senior Moments Technology Help, 11:00a–12:30p</td>
<td>Trikes, 9:00–10:00am, Main Gym Bridge, 9:00a–4:00p</td>
<td>Learn to Play Chess, 10:00am–11:00a</td>
<td>Countryside YMCA is closed</td>
<td>Pickleball, 11:30a–1:30p, LL Gym</td>
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<td>Pickleball, 11:30a–1:30p, LL Gym</td>
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<td>Senior Moments Technology Help, 11:00a–12:30p</td>
<td>Trikes, 9:00–10:00am, Main Gym Bridge, 9:00a–4:00p</td>
<td>BINGO!, 10:00a–11:00a</td>
<td>Euchre, 9:00am</td>
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<td>Learn to Play Chess, 10:00am–11:00a</td>
<td>Pickles, 9:00–10:00am, Main Gym Knit 'n Gab, 1:00pm</td>
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<td>Pickleball, 11:30a–1:30p, LL Gym</td>
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### Monday
**Morning**
- **Intro to Water Fitness**: 8:05 45 SCP Roxanne
- **Senior Strive Circuit Training**: 8:30 30 CT Rich
- **Circuit Training Express**: 9:00 30 LLS Rich
- **Aerobics**: 9:05 50 SCP Roxanne
- **Get Bendy Stretching**: 9:45 30 CT Anna
- **Hi / Lo Aerobics**: 10:15 50 S2 Gloria
- **Senior Sit-N-Tone**: 10:30 30 S1 Kendal
- **Community Arthritis Aquatics**: 12:00 45 SCP Jane

**Afternoon**
- **Circuit Training Express**: 5:30 90 CT Anna
- **Aquasize**: 6:15 60 SCP Penny
- **Hi / Lo Aerobics**: 6:30 50 S1 Gloria
- **Yoga Mixed Levels**: 6:30 75 SS Karen

### Tuesday
**Morning**
- **Intro to Water Fitness**: 8:05 45 SCP Tracy
- **Aerobics**: 9:05 50 SCP Tracy
- **Total Body Conditioning**: 9:15 60 CT Bill
- **Yin Yoga**: 9:15 60 SS Christy M.
- **Aqua Stretch – N-Tone**: 10:00 30 SCP Tracy
- **Community Arthritis Aquatics**: 12:00 45 SCP Tracy

**Afternoon**
- **Shape with Weights**: 6:00 50 S2 Gloria
- **Circuit Training Express**: 6:30 60 CT Anna
- **Pilates Mix**: 7:00 60 SS Heather

### Wednesday
**Morning**
- **Sunrise Yoga**: 6:00 60 SS Natasha
- **Intro to Water Fitness**: 8:05 45 SCP Natasha
- **Senior Strive Circuit Training**: 8:30 30 CT Sue
- **Stretches, Tone, & Balance**: 9:00 50 SCP Sue
- **Get Bendy Stretching**: 9:45 30 CT Sue
- **Hi / Lo Aerobics**: 10:15 50 S2 Sue
- **Senior Sit-N-Tone**: 10:30 30 S1 Sue
- **Gentle Pilates**: 10:30 60 SS Sue
- **Zumba Basics**: 11:15 45 S2 Sue
- **Community Arthritis Aquatics**: 12:00 45 SCP Sue

**Afternoon**
- **Circuit Training Express**: 5:30 90 CT Christina
- **Aquasize**: 6:15 60 SCP Penny
- **Hi / Lo Aerobics**: 6:30 50 S1 Gloria

### Thursday
**Morning**
- **Intro to Water Fitness**: 8:05 45 SCP Tracy
- **Aerobics**: 9:05 50 SCP Tracy
- **Yoga Flow**: 9:15 60 SS Christy M.
- **Total Body Conditioning**: 9:15 60 CT Bill
- **Aqua Stretch – N-Tone**: 10:00 30 SCP Tracy
- **Community Arthritis Aquatics**: 12:00 45 SCP Tracy

**Afternoon**
- **Shape with Weights**: 6:00 50 S2 Gloria
- **Zumba Basics**: 6:00 45 SS Logan
- **Circuit Training Express**: 6:30 45 CT Carrie
- **Warm Yoga Mixed Levels**: 7:00 60 SS Sheri

### Friday
**Morning**
- **Intro To Water Fitness**: 8:05 45 SCP Bonnie
- **Senior Strive Circuit Training**: 8:30 30 CT Diana
- **Circuit Training Express**: 9:00 30 LLS Kendal
- **Aerobics**: 9:05 50 SCP Bonnie
- **Gentle Yoga**: 9:15 60 SS Natasha
- **Get Bendy Stretching**: 9:45 30 CT Diana
- **Hi / Lo Aerobics**: 10:15 50 S2 Gloria

### Saturday
**Morning**
- **Circuit Training Express**: 9:30 90 CT Staff
- **Hi / Lo Aerobics**: 10:15 50 S2 Gloria

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### Fees & Flex Cards
- **To take a Specialty Fitness Class, members can either sign up for an five-week session of classes or purchase a Flex Card.**
- **Registering; just show up and have the instructor punch your card.**
- **Flex Card lets you take Specialty Fitness Classes without otherwise noted.**

**Specialty Class Name:** Specialty class; fee applies

**Water Fitness class**

**Class is for ages shown**