

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	2 Table Tennis, 7:30-10:00am, Mini Gym National Ohio Trivia Game Day, 9:30a-11:00a Pickleball, 11:30a-1:30p, LL Gym	3
4	5 November Birthday Celebrations Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-PT Screenings, 5:30-6:30pm, Cardio Strength Center	6 Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	7 Table Tennis, 7:30-10:00am, Mini Gym Free Ask-A-Physical Therapist & Blood Pressure Screenings, 10:00-11:00a, Stolle Center Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	8 Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	9 Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym Veteran's Day Celebration and Luncheon, 12:00p	10
11	12 Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, 1:00-3:00pm, "The Post"	13 Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	14 Table Tennis, 7:30-10:00am, Mini Gym Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	15 Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	16 Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	17
18	19 Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym	20 Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	21 Table Tennis, 7:30-10:00am, Mini Gym Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	22 Thanksgiving Day Countryside YMCA is closed	23 Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	24
25	26 Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym	27 Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	28 Table Tennis, 7:30-10:00am, Mini Gym BINGO!, 10:00a-11:00a Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	29 Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	30 Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STOLLE CENTER FITNESS DAY PLANNER

Monday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro to Water Fitness	8:05	45	SCP	Roxanne		18+
Senior Strive Circuit Training	8:30	30	CT	Rich		50+
Stretch, Tone, & Balance	9:00	30	LLS	Rich		
Aquasize	9:05	50	SCP	Roxanne	\$24	50+
Get Bendy Stretching	9:45	30	CT	Rich		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+
Zumba Basics	11:15	45	S2	Logan		
Community Arthritis Aquatics	12:00	45	SCP	Jane	\$16	
Afternoon						
	Start	⌚	Room	Led by	\$	
Circuit Training Express	5:30	90	CT	Anna		7+
Aqua Combo	6:15	60	SCP	Penny	\$24	50+
Hi / Lo Aerobics	6:30	50	S1	Gloria		
Yoga Mixed Levels	6:30	75	SS	Karen	\$30	

Tuesday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$24	50+
Total Body Conditioning	9:15	60	CT	Bill		
Yin Yoga	9:15	60	SS	Christy M.	\$30	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$14	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$16	
Afternoon						
	Start	⌚	Room	Led by	\$	
Shape with Weights	6:00	50	S2	Gloria		
Circuit Training Express	6:30	60	CT	Anna		7+
Pilates Mix	7:00	60	SS	Heather	\$30	

Wednesday						
Morning						
	Start	⌚	Room	Led by	\$	
Sunrise Yoga	6:00	60	SS	Natasha	\$30	
Intro To Water Fitness	8:05	45	SCP	Sue		18+
Senior Strive Circuit Training	8:30	30	CT	Beth		50+
Stretch, Tone, & Balance	9:00	30	LLS	Beth		
Aquasize	9:05	50	SCP	Sue	\$24	50+
Get Bendy Stretching	9:45	30	CT	Connie		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Senior Sit-N-Tone	10:30	30	S1	Beth		50+
Gentle Pilates	10:30	60	SS	Connie	\$30	
Zumba Basics	11:15	45	S2	Chiaki		
Community Arthritis Aquatics	12:00	45	SCP	Jane	\$16	
Afternoon						
	Start	⌚	Room	Led by	\$	
Circuit Training Express	5:30	90	CT	Christina		7+
Aqua Combo	6:15	60	SCP	Penny	\$24	50+
Hi / Lo Aerobics	6:30	50	LLS	Gloria		

Thursday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$24	50+
Yoga Flow	9:15	60	SS	Christy M.	\$30	
Total Body Conditioning	9:15	60	CT	Bill		
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$14	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$16	
Afternoon						
	Start	⌚	Room	Led by	\$	
Shape with Weights	6:00	50	S2	Gloria		
Zumba Basics	6:00	45	SS	Logan		
Circuit Training Express	6:30	60	CT	Carrie		7+
Warm Yoga Mixed Levels	7:00	60	SS	Sheri	\$30	

Friday						
Morning						
	Start	⌚	Room	Led by	\$	
Intro To Water Fitness	8:05	45	SCP	Bonnie		18+
Senior Strive Circuit Training	8:30	30	CT	Diana		50+
Stretch, Tone, & Balance	9:00	30	LLS	Kendal		
Aquasize	9:05	50	SCP	Bonnie	\$24	50+
Gentle Yoga	9:15	60	SS	Natasha	\$30	
Get Bendy Stretching	9:45	30	CT	Diana		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+

Saturday						
Morning						
	Start	⌚	Room	Led by	\$	
Circuit Training Express	9:30	90	CT	Staff		7+
Hi / Lo Aerobics	10:15	50	S2	Gloria		

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.

5 Punch Card: \$20
20 Punch Card: \$74
10 Punch Water Fitness Card: \$40

A Flex Card lets you take Specialty Fitness Classes without

Key

CT	Circuit Training Room	
LLS	Lower Level Studio	All classes are for ages 13+ unless otherwise noted.
S1	Studio 1	
S2	Studio 2	
SS	Spirit Studio	
CP	Competition Pool	
IP	Instructional Pool	Water Fitness class
SCP	Stolle Pool	
FAC	Family Aquatic Center	Class is for ages shown