**Monday**

**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cycle Spin: 5:15 AM S3
- Sunrise Splash: 5:45 AM IP
- Intro to Water Fitness: 6:00 AM SCP
- Senior Drive Circuit: 6:00 AM CTR
- Stretch, Tone, & Balance: 9:30 AM S2
- Aquasize: 9:50 AM SCP
- Cycle Spin: 9:45 AM S3
- Muscle Max: 9:15 AM S2
- Cross Training: 9:30 AM S1
- Get Bendy Stretching: 9:45 AM CTR
- Hi / Lo Aerobics: 10:15 AM S2
- Liquid Cardio: 10:15 AM CTR
- Senior Sit-N-Tone: 10:30 AM S1
- Zumba Basics: 11:15 AM S2
- Community Arthritis Aquatics: 12:00 PM SCP
- CrossFit Workout of the Day: 12:00 PM CFS

**Afternoon**
- CrossFit Workout of the Day: 4:30 PM CFS
- Circuit Training Express: 5:30 PM CTR
- Strong Core & Body: 5:30 PM S2
- CrossFit Workout of the Day: 5:30 PM CFS
- INSANITY LIVE!: 5:45 PM S2
- Aqua Combo: 6:15 PM SCP
- Cycle Spin: 6:30 AM S3
- Hi / Lo Aerobics: 6:30 PM S1
- Yoga Mixed Levels: 6:30 PM S3
- Muscle Max: 7:00 PM S2
- 30m Quick Fit: 7:30 PM
- Rocking the Waves: 7:30 PM
- Zumba: 8:00 PM S2

**Tuesday**

**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cardio Core: 5:15 AM S3
- Early IAM Boot Camp: 6:00 AM CTR
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Aquasize: 9:05 AM SCP
- Cycle Spin: 9:15 AM S3
- Cardio Kick Boot Camp: 9:15 AM S1
- Muscle Max: 9:15 AM S2
- Zumba: 9:15 AM LLS
- Total Body Conditioning: 9:15 AM CTR
- Yin Yoga: 9:15 AM S5
- Aqua Stretch-N-Tone: 10:00 AM SCP
- Liquid Cardio: 10:15 AM CTR
- Power Core on Ball: 10:30 AM S2
- Community Arthritis Aquatics: 12:00 PM SCP
- CrossFit Workout of the Day: 12:00 PM CFS

**Afternoon**
- CrossFit Workout of the Day: 4:30 PM CFS
- Zumba: 4:45 PM S2
- CrossFit Workout of the Day: 5:30 PM CTR
- Cycle Spin: 6:00 AM S3
- Shape with Weights: 6:00 AM S2
- Cardio Kick Boot Camp: 6:00 AM S1
- Circuit Training Express: 6:30 AM CTR
- Hydro Burn: 6:45 AM SCP
- Pilates Mix: 7:00 AM S2
- Zumba: 7:00 AM S2

**Wednesday**

**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cycle Spin: 5:15 AM S3
- Sunrise Yoga: 6:00 AM IP
- Intro to Water Fitness: 6:00 AM SCP
- Senior Drive Circuit: 8:30 AM CTR
- Stretch, Tone, & Balance: 9:00 AM S3
- Aquasize: 9:05 AM SCP
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Cross Training: 9:30 AM S1
- Get Bendy Stretching: 9:45 AM CTR
- Liquid Cardio: 10:15 AM CTR
- Senior Sit-N-Tone: 10:30 AM S1
- Gentle Pilates: 10:30 AM S5
- Zumba Basics: 11:15 AM S2
- CrossFit Workout of the Day: 12:00 PM CFS

**Afternoon**
- CrossFit Workout of the Day: 4:30 PM CFS
- Circuit Training Express: 5:30 PM SCP
- Strong Core & Body: 5:30 PM S2
- CrossFit Workout of the Day: 5:30 PM CFS
- INSANITY LIVE!: 5:45 PM L1
- INSANITY LIVE!: 6:15 PM L1
- Aqua Combo: 6:15 PM SCP
- Cycle Spin: 6:30 AM S3
- Hi / Lo Aerobics: 6:30 PM S3
- Hi / Lo Aerobics: 6:30 PM S2
- Muscle Max: 7:00 PM S2
- Rocking The Waves: 7:30 PM

**Thursday**

**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cycle Spin: 5:15 AM S3
- Muscle Max: 5:15 AM S2
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Aquasize: 9:05 AM SCP
- Yoga Flow: 9:15 AM S5
- Cardio Kick Boot Camp: 9:15 AM S1
- Muscle Max: 9:15 AM S2
- Zumba: 9:15 AM LLS
- Total Body Conditioning: 9:15 AM CTR
- Aqua Stretch-N-Tone: 10:00 AM SCP
- Liquid Cardio: 10:15 AM CTR
- Power Core on Ball: 10:30 AM S2
- Barre: 10:30 AM S5
- Community Arthritis Aquatics: 12:00 AM SCP
- CrossFit Workout of the Day: 12:00 AM CFS

**Afternoon**
- CrossFit Workout of the Day: 4:30 PM CFS
- STRONG by Zumba: 4:30 PM S2
- Cycle Spin: 6:00 AM CFS
- Zumba Basics: 6:00 AM S5
- Shape with Weights: 6:00 AM S2
- Cardio Kick Boot Camp: 6:00 AM S1
- Circuit Training Express: 6:30 AM CTR
- Hydro Burn: 6:45 AM SCP
- Zumba: 7:00 AM S2
- Muscle Max: 7:00 AM S2
- Warm Yoga: 7:00 AM S5

**Friday**

**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cardio Core: 5:15 AM S5
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Senior Drive Circuit: 9:00 AM L1
- Stretch, Tone, & Balance: 9:00 AM SCP
- Aquasize: 9:05 AM SCP
- 30 Minute Quick Fit: 9:15 AM SCP
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Gentle Yoga: 9:15 AM S5
- Cross Training: 9:30 AM S1
- Get Bendy Stretching: 9:45 AM CTR
- Liquid Cardio: 10:15 AM CTR
- Senior Sit-N-Tone: 10:30 AM S1
- Core De Force: 12:00 AM SCP

**Saturday**

**Morning**
- Cycle Spin: 7:45 AM S2
- P90X Live: 8:30 AM S1
- STRONG by Zumba: 9:00 AM CFS
- Circuit Training Express: 9:30 AM CTR
- Core De Force: 10:00 AM S1
- Hi / Lo Aerobics: 10:15 AM S2

**Sunday**

**Afternoon**
- Zumba Toning: 11:45 AM S2
- Zumba: 12:00 AM S2

**Fees & Flex Cards**
- To take a Specialty Fitness Class, members can either sign up for an eight-week session of classes or purchase a Flex Card. A Flex Card lets you take Specialty Fitness Classes without registering just show up and have the instructor punch your card.
- 5 Punch Card: $30
- 20 Punch Card: $74
- 10 Punch Water Fitness Card: $40

**Key**
- CP: Competition Pool
- IP: Instructional Pool
- SCP: Studio Pool
- FAC: Family Aquatic Center
- CS: CrossFit Studio
- CTR: Circuit Training Room
- LLS: Lower Level Studio
- LLM: Lower Level Gym
- S1: Studio 1
- S2: Studio 2
- S3: Studio 3
- N: North Entry
- S: South Entry
- P: Pool
- A: All
- K: Kids
- T: Teens
- W: Adults
- F: Family
- Y: Young Adults
- M: Men
- W: Women
- N: Non-Member
- G: Guest

**Water Fitness class**
- All classes are for ages 13+
- unless otherwise noted.

**Specialty class: fee applies**
- 6-week session of classes.

**www.countrysideymca.org**
- Search, register, and pay for classes online