



# FITNESS DAY PLANNER

## 5 Week Session

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday						
Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	5:15	45	S3	Christy B	\$19	
Sunrise Splash	6:00	45	IP	Liz		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Intro to Water Fitness	8:05	45	SCP	Andrea		18+
Senior Strive Circuit	8:30	30	CTR	Rich		50+
Stretch, Tone, & Balance	9:00	30	LLS	Rich		
Aquasize	9:05	50	SCP	Andrea	\$15	50+
Cycle Spin	9:15	45	S3	Theo	\$19	
Muscle Max	9:15	50	S2	Mikhael		
Cross Training	9:30	50	S1	Kendal		
Get Bendy Stretching	9:45	30	CTR	Rich		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Liquid Cardio	10:15	60	CP	Laura		
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+
Zumba Basics	11:15	45	S2	Anita		
Community Arthritis Aquatics	12:00	45	SCP	Jane	\$10	
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		
Afternoon	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly		
Youth Body Conditioning	5:00	60	CTR	Anna		7+
Circuit Training Express	5:00	120	CTR	Anna		7+
Strong Core & Body	5:30	45	S2	Mo		
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly		
INSANITY LIVE!	5:45	30	S1	Tim		
Aqua Combo	6:15	60	SCP	Staff		50+
Cycle Spin	6:30	45	S3	Mo	\$19	
Hi/Lo Aerobics	6:30	50	S1	Gloria		
Yoga Mixed Levels	6:30	75	SS	Karen	\$19	
Muscle Max	7:00	50	S2	Anna		
30m Quick Fit	7:30	30	CTR	Gloria		
Rocking the Waves	7:30	45	FAC	Staff		
Zumba	8:00	60	S2	Terrie		

Wednesday						
Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	5:15	45	S3	Christy B.	\$19	
Sunrise Splash	6:00	45	IP	Liz		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Intro to Water Fitness	8:05	45	SCP	Sue		18+
Senior Strive Circuit	8:30	30	CTR	Beth		50+
Stretch, Tone, & Balance	9:00	30	LLS	Beth		
Aquasize	9:05	50	SCP	Sue	\$15	50+
Cycle Spin	9:15	45	S3	Bill	\$19	
Muscle Max	9:15	50	S2	Elizabeth		
Yoga Flow	9:15	60	SS	Christy M.	\$19	
Cross Training	9:30	50	S1	Kendal		
Get Bendy Stretching	9:45	30	CTR	Connie		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Liquid Cardio	10:15	60	CP	Jillian		
Senior Sit-N-Tone	10:30	30	S1	Beth		50+
Gentle Pilates	10:30	60	SS	Connie	\$19	
Zumba Basics	11:15	45	S2	Anita		
Community Arthritis Aquatics	12:00	45	SCP	Jane	\$10	
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		
Afternoon	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly		
Youth Body Conditioning	5:00	60	CTR	Suzy		7+
Circuit Training Express	5:00	120	CTR	Suzy		7+
Strong Core & Body	5:30	45	S2	Mo		
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly		
INSANITY LIVE!	5:45	30	MIG	Tim		
INSANITY LIVE!	6:15	30	MIG	Tim		
Aqua Combo	6:15	60	SCP	Penny	\$15	50+
Cycle Spin	6:30	45	S3	Mo	\$19	
Hi / Lo Aerobics	6:30	50	LLS	Gloria		
Muscle Max	7:00	50	S2	Anna		
Rocking The Waves	7:30	45	FAC	Penny		

Friday						
Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cardio Core	5:15	45	S2	Mo		
Sunrise Splash	6:00	60	IP	Liz		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Intro to Water Fitness	8:05	45	SCP	Andrea		18+
Senior Strive Circuit	8:30	30	CTR	Diana		50+
Stretch, Tone, & Balance	9:00	30	LLS	Kendal		
Aquasize	9:05	50	SCP	Andrea	\$15	50+
30 Minute Quick Fit	9:15	30	CTR	Diana		
Cycle Spin	9:15	45	S3	Theo	\$19	
Muscle Max	9:15	50	S2	Mikhael		
Gentle Yoga	9:15	60	SS	Natasha	\$19	
Cross Training	9:30	50	S1	Destiny		
Get Bendy Stretching	9:45	30	CTR	Diana		
Hi / Lo Aerobics	10:15	50	S2	Gloria		
Liquid Cardio	10:15	60	CP	Pucko		
Senior Sit-N-Tone	10:30	30	S1	Kendal		50+
Barre	10:30	60	SS	Connie		
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		
Afternoon	Start	⌚	Room	Led by	\$	
Zumba	7:00	60	S2	Terrie		

Saturday						
Morning	Start	⌚	Room	Led by	\$	
Cycle Spin	7:45	45	S3	Shannon	\$19	
P90X Live	8:30	50	S2	Tim		
STRONG by Zumba	9:00	50	S1	Kelly		
CrossFit Workout of the Day	9:00	60	CFS	CrossFit Superfly		
Circuit Training Express	9:30	90	CTR	Staff		7+
Hi / Lo Aerobics	10:15	50	S2	Gloria		

Sunday						
Afternoon	Start	⌚	Room	Led by	\$	
Zumba Toning	1:15	30	S2	Terrie		
Zumba	2:00	60	S2	Terrie		

Tuesday						
Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cardio Core	5:15	45	S2	Mo		
Early AM Boot Camp	6:00	50	S1	Anna		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Intro to Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$15	50+
Cycle Spin	9:15	45	S3	Shanon	\$19	
Cardio Kick Boot Camp	9:15	50	S1	Jamie		
Muscle Max	9:15	50	S2	Destiny		
Zumba	9:15	60	LLS	Bea		
Total Body Conditioning	9:15	60	CTR	Bill		
Yin Yoga	9:15	60	SS	Christy M	\$19	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$9	50+
Liquid Cardio	10:15	60	CP	Karla		
Power Core on Ball	10:30	45	S2	Connie		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10	
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		
Afternoon	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly		
Zumba	4:45	60	S2	Tobi		
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly		
Cycle Spin	6:00	45	S3	Rich	\$19	
Shape with Weights	6:00	50	S2	Gloria		
Cardio Kick Boot Camp	6:00	50	S1	Karen		
Circuit Training Express	6:30	60	CTR	Anna		7+
Hydro Burn	6:45	60	SCP	Staff	\$15	
Abs & Glutes	7:00	30	S1	Karen		
Pilates Mix	7:00	60	SS	Katie	\$19	
Zumba	7:00	60	S2	Terrie		

Thursday						
Morning	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	5:00	60	CFS	CrossFit Superfly		
Cycle Spin	5:15	45	S3	Mo	\$19	
Muscle Max	6:00	50	S2	Mikhael		
CrossFit Workout of the Day	6:00	60	CFS	CrossFit Superfly		
Intro to Water Fitness	8:05	45	SCP	Tracy		18+
Aquasize	9:05	50	SCP	Tracy	\$15	50+
Yoga Flow	9:15	60	SS	Christy M	\$19	
Cardio Kick Boot Camp	9:15	50	S1	Jamie		
Muscle Max	9:15	50	S2	Destiny		
Zumba	9:15	60	LLS	Bea		
Total Body Conditioning	9:15	60	CTR	Bill		
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$9	50+
Liquid Cardio	10:15	60	CP	Laura		
Power Core on Ball	10:30	45	S2	Connie		
Barre	10:30	60	SS	Janell		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$10	
CrossFit Workout of the Day	12:00	60	CFS	CrossFit Superfly		
Afternoon	Start	⌚	Room	Led by	\$	
CrossFit Workout of the Day	4:30	60	CFS	CrossFit Superfly		
CrossFit Workout of the Day	5:30	60	CFS	CrossFit Superfly		
Cycle Spin	6:00	45	S3	Michael	\$19	
Zumba Basics	6:00	45	SS	Lisa		
Shape with Weights	6:00	50	S2	Gloria		
Cardio Kick Boot Camp	6:00	50	S1	Karen		
Circuit Training Express	6:30	60	CTR	Carrie		7+
Hydro Burn	6:45	60	SCP	Janis	\$15	
Zumba	7:00	60	S1	Terrie		
Muscle Max	7:00	50	S2	Cristen		
Warm Yoga	7:00	60	SS	Sheri	\$19	

### Fees & Flex Cards

To take a Specialty Fitness Class, members can either sign up for a five-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: \$20  
20 Punch Card: \$74  
10 Punch Water Fitness Card: \$40

### Key

CFS	CrossFit Studio located across the street	CP	Competition Pool
CTR	Circuit Training Room	IP	Instructional Pool
LLS	Lower Level Studio	SCP	Stolle Pool
MIG	Mini Gym	FAC	Family Aquatic Center
S1	Studio 1		
S2	Studio 2 Near the North Entry		
S3	Studio 3 Near the North Entry		
SS	Spirit Studio Above the Physical Desk, near the track.		

All classes are for ages 13+ unless otherwise noted.

Specialty class: fee applies. Fee reflects price for an 5-week session of classes.

Water Fitness class

Class is for ages shown

Search, register, and pay for classes online

[www.countrysideymca.org](http://www.countrysideymca.org)