



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 Summer Fitness Day Planner

June 1 - August 16, 2026 | Countryside YMCA Landen

MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Boot Camp	5:30	50	LSB	Emma	2-3
Mat Pilates	9:00	60	MPS	Leonie	A
Cardio Mix	9:15	50	LSB	Carrie	A
Zumba	9:15	60	LSA	Terrie	A
Muscle Max	10:15	50	LSB	Carrie	2-3
EVENING	START	🕒	ROOM	LED BY	IL
Pound	4:30	50	LSB	Amanda	A
Muscle Max	5:45	50	LSB	Colleen	2-3
All Levels Yoga	6:00	60	MPS	Susan	A
Zumba	7:00	60	LSB	Jamie	A

TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Muscle Max Express	8:00	30	LSB	Carrie	A
Abs & Glutes	8:35	30	LSB	Carrie	A
Active Seniors	9:00	60	LSD	Holly	1-2 ⁵⁰⁺
Cardio Sculpt	9:15	50	LSB	Carrie	A
TRX	9:15	50	LSA	Erin	A
All Levels Yoga	10:30	60	MPS	Jennifer	A
EVENING	START	🕒	ROOM	LED BY	IL
Barre	6:00	60	LSA	Janelle	A

WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Boot Camp	5:30	50	LSB	Sarah	2-3
Cardio Mix	9:15	50	LSB	Erin	A
Zumba	9:15	60	LSA	Chiaki	A
Muscle Max	10:15	50	LSB	Erin	2-3
EVENING	START	🕒	ROOM	LED BY	IL
Pound	4:30	50	LSB	Amanda	A
Muscle Max	5:45	50	LSB	Amanda	2-3
Zumba	7:00	60	LSB	Jamie	A

THURSDAY

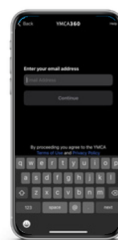
MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Muscle Max Express	8:00	30	LSB	Carrie	A
Abs & Glutes	8:35	30	LSB	Carrie	A
Active Seniors	9:00	60	LSD	Holly	1-2 ⁵⁰⁺
Muscle Max	9:15	50	LSB	Carrie	2-3
TRX	9:15	50	LSA	Erin	A
Barre	10:30	60	LSA	Jennifer	A
EVENING	START	🕒	ROOM	LED BY	IL
Cardio Sculpt	5:45	50	LSB	Colleen	A

FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Mat Pilates	7:45	60	LSB	Leonie	A
Active Seniors	9:00	60	LSD	Holly	A ⁵⁰⁺
Zumba	9:00	60	LSB	Chiaki	A
Power Yoga	9:15	75	MPS	Karen	A
Cardio Mix	10:15	50	LSB	Erin	A

SATURDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Muscle Max	7:45	50	LSB	Carrie	2-3
Muscle Max	9:15	50	LSB	Carrie	2-3



YMCA360 APP

1. Download the YMCA360 app on your smartphone.
2. Login with the email associated with your YMCA membership.
3. Use to check in, register for classes, and earn points!

RESERVE YOUR SPOT



KEY

ROOMS

LSA	Landen Studio A
LSB	Landen Studio B
MPS	Multipurpose Studio
LSC	Landen Studio C
LSD	Landen Studio D

INTENSITY LEVELS

A	All Fitness Levels
1	Beginner
2	Intermediate
3	Advanced

All fitness classes are for ages 13+ unless otherwise noted.

⁵⁰⁺ Age Limit

*Program members, please see the program guide or website for class fees.

Updated 05.08.2026
Check the app for the most up-to-date info.