



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 Summer Fitness Day Planner

June 1 - August 16, 2026 | Countryside YMCA Lebanon

MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Cycle Spin	5:10	50	S3	Jill	3
Muscle Max	6:00	50	S2	Kelly	2-3
Intro to Muscle Max	8:00	50	S2	Judy	1-2
Intro to Water Fitness	8:00	45	SCP	Bonnie	A
Time to Stretch	8:00	30	SS	Susan	A
Aquasize	9:00	50	SCP	Bonnie	2
Stretch, Tone & Balance	9:00	30	LLS	Susan	1
All Levels Yoga	9:15	60	SS	Jennifer	A
Cross Training	9:15	50	S1	Kendal	A
Cycle Spin	9:15	50	S3	Mo	3
Muscle Max	9:15	50	S2	Mikhael	2-3
Yogalates	9:45	60	LLS	Susan	A
Liquid Cardio	10:15	60	CP	Laura	3
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2
Senior Sit & Tone	10:30	30	S1	Kendal	1
Community Arthritis Plus	11:15	45	SCP	Kathy	1
Senior Sit & Tone	11:15	30	S1	Kendal	1
Zumba Basics	11:30	45	S2	Holly	A
EVENING	START	🕒	ROOM	LED BY	IL
Core De Force	5:30	50	S1	Tim	A
Strong Core & Body	5:30	50	S2	Mo	3
Power Yoga	6:15	60	SS	Rhonda B	A
Rocking the Waves	6:15	60	SCP	Becky	2
Cycle Spin	6:30	50	S3	Mo	3
Strong	6:30	50	S1	Tina	A
Muscle Max	7:00	50	S2	Olivia	2-3
Zumba	8:00	60	S2	Terrie	A

TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Cardio Core	5:15	50	S2	Anna	3
Yogalates	6:00	60	SS	Rhonda B	A
Intro to Water Fitness	8:00	45	SCP	Tracy	A
Aquasize	9:00	50	SCP	Tracy	2
AO (All Out) HIIT	9:15	60	S1	Jamie E	2-3
Cycle Spin	9:15	50	S3	Jamie B	3
Muscle Max	9:15	50	S2	Destiny	2-3
Total Body Conditioning	9:15	60	SFR	Bill	A
Yin Yoga	9:15	60	SS	Susan	A
Zumba	9:15	60	LLS	Bea	A
Liquid Cardio	10:15	60	CP	Karla	3
Boxing Fitness	10:30	30	S3	Jamie E	A
Power Core	10:30	50	S2	Jamie B	A
Community Arthritis Release	11:15	45	SCP	Tracy	1
EVENING	START	🕒	ROOM	LED BY	IL
Zumba	4:45	60	S2	Chiaki	A
TRX	5:00	50	S1	Monica	A
All Levels Yoga	6:00	60	SS	Jennifer	A
AO (All Out) HIIT	6:00	50	S1	Cristen	2-3
Cycle Spin	6:00	50	S3	Carrie	3
Shape with Weights	6:00	50	S2	Gloria	1-2
Hydro Burn	6:15	60	SCP	Janis	3
Muscle Max Express	7:15	30	S2	Carrie	2-3
Zumba	7:15	60	S1	Terrie	A

WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Cycle Spin	5:10	50	S3	Jill	3
Sunrise Splash	6:50	45	SCP	Laurie	A
Intro to Water Fitness	8:00	45	SCP	Sue	A
Time to Stretch	8:00	30	SS	Susan	A
Aquasize	9:00	50	SCP	Sue	2
Stretch, Tone & Balance	9:00	30	LLS	Susan	1
Cross Training	9:15	50	S1	Kendal	A
Cycle Spin	9:15	50	S3	Renee	3
Muscle Max	9:15	50	S2	Mikhael	2-3
Liquid Cardio	10:15	60	CP	Karla	3
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2
Senior Sit & Tone	10:30	30	S1	Kendal	1
Yogalates	10:30	60	SS	Susan	1
Community Arthritis Plus	11:15	45	SCP	Marsha	1
Senior Sit & Tone	11:15	30	S1	Kendal	1
Zumba Basics	11:30	45	S2	Chiaki	A
EVENING	START	🕒	ROOM	LED BY	IL
P90X Live!	5:30	60	S1	Tim	A
Strong Core & Body	5:30	50	S2	Mo	3
Rocking the Waves	6:15	60	SCP	Kathy	2
Yogalates	6:15	60	SS	Rhonda B	A
Cycle Spin	6:30	50	S3	Mo	3
Muscle Max	7:00	50	S2	Olivia	2-3

THURSDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
TRX	5:30	50	S1	Monica	A
Muscle Max	6:00	50	S2	Kelly	2-3
Yogalates	6:00	60	SS	Rhonda B	A
Intro to Water Fitness	8:00	45	SCP	Kelly	A
Aquasize	9:00	50	SCP	Kelly	2
All Levels Yoga	9:15	60	SS	Jennifer	A
Cardio Kickbox Strength	9:15	60	S1	Jamie E	2-3
Muscle Max	9:15	50	S2	Destiny	2-3
Total Body Conditioning	9:15	60	SFR	Bill	A
Zumba	9:15	60	LLS	Bea	A
Liquid Cardio	10:15	60	CP	Laura	3
Barre	10:30	60	SS	Janelle	A
Boxing Fitness	10:30	30	S3	Jamie E	A
Power Core	10:30	50	S2	Jamie B	A
Community Arthritis Release	11:15	45	SCP	Marsha	1
EVENING	START	🕒	ROOM	LED BY	IL
Zumba	4:45	60	S2	Chiaki	A
All Levels Yoga	6:00	60	SS	Susan	A
Cardio Kickbox Strength	6:00	50	S1	Cristen	2-3
Cycle Spin	6:00	50	S3	Walter	3
Shape with Weights	6:00	50	S2	Gloria	1-2
Hydro Burn	6:15	60	SCP	Rhonda K	3
Muscle Max Express	7:15	30	S2	Carrie	2-3
Zumba	7:15	60	S1	Terrie	A

FRIDAY

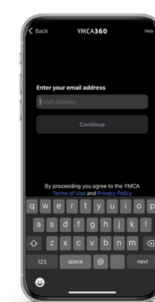
MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Cardio Core	5:15	50	S2	Anna	3
Sunrise Splash	6:50	45	SCP	Laurie	A
Intro to Water Fitness	8:00	45	SCP	Bonnie	A
Time to Stretch	8:00	30	SS	Kelly	A
Aquasize	9:00	50	SCP	Bonnie	2
Stretch, Tone & Balance	9:00	30	LLS	Kelly	1
All Levels Yoga	9:15	60	SS	Susan	A
Cross Training	9:15	50	S1	Destiny	A
Cycle Spin	9:15	50	S3	Mo	3
Muscle Max	9:15	50	S2	Sheila	2-3
Liquid Cardio	10:15	60	CP	Brionne	3
Barre	10:30	60	SS	Mikhael	A
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2
Senior Sit & Tone	10:30	30	S1	Destiny	1
Senior Sit & Tone	11:15	30	S1	Destiny	1
EVENING	START	🕒	ROOM	LED BY	IL
Zumba	6:00	60	S2	Terrie	A

SATURDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Cycle Spin	7:45	50	S3	Shannon	3
Muscle Max	7:45	50	S2	Carrie	2-3
All Levels Yoga	8:45	60	SS	Hannah	A
Cycle Spin	9:00	50	S3	Thomas	3
Muscle Max	9:00	50	S2	Kelly	2-3
Strong	9:30	50	S1	Tina	A
Hi/Lo Aerobics	10:15	50	S2	Kelly	1-2

SUNDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Family Yoga	2:00	60	SS	Rhonda B	A
Zumba	2:15	60	S1	Terrie	A



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



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

Updated 05.08.26 | Check the app for the most up-to-date info.

KEY

ROOMS

CP	Competition Pool	SS	Spirit Studio
FAC	Family Aquatic Center	SFR	Starter Fitness Room
IP	Instructional Pool	S1	Studio 1
SCP	Stolle Center Pool	S2	Studio 2
LLS	Lower Level Studio	S3	Studio 3

INTENSITY LEVELS

A	All Fitness Levels
1	Beginner
2	Intermediate
3	Advanced

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

Age Limit

Water Fitness Class