



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2024 Summer Fitness Day Planner

June 3 – August 18, 2024  
Countryside YMCA | Landen

## MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Muscle Max	5:30	50	LSB	Emma	2-3	
Cardio Mix	9:15	50	LSB	Carrie	A	
Zumba	9:15	60	LSA	Chiaki	A	
Muscle Max	10:15	50	LSB	Carrie	2-3	

EVENING	START	🕒	ROOM	LED BY	IL	
Pound	4:30	60	LSB	Olivia	A	
Muscle Max	5:45	50	LSB	Colleen	2-3	
Zumba	7:00	60	LSB	Jamie	A	

## TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intervals	5:30	45	LSB	Emma	2-3	
Active Seniors	9:15	60	MPS	Holly	1-2	50+
Cardio Sculpt	9:15	50	LSB	Carrie	A	
TRX	9:30	45	LSA	Erin	A	
Gentle Yoga	10:30	60	LSD	Staff	A	
Summer Recess (June & July)	10:30	30	LSB	Erin	Ages 5-10	

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	
Muscle Max	10:15	50	LSB	Erin	2-3	

EVENING	START	🕒	ROOM	LED BY	IL	
Pound	4:30	60	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	5:30	50	LSB	Sarah	2-3	
Active Seniors	9:15	60	MPS	Holly	1-2	50+
Muscle Max	9:15	50	LSB	Carrie	2-3	
TRX	9:30	45	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	
Zumba	9:00	60	LSB	Chiaki	A	
Hot Active Flow 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	

**RESERVE  
YOUR  
SPOT**



**EASY AS 1-2-3** →

1. Download the Countryside YMCA app on your smartphone.
2. Create an account and login.
3. Browse and book your class.



## KEY

### ROOMS

**LSA** Landen Studio A  
**LSB** Landen Studio B  
**MPS** Multipurpose Studio  
**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 SEE PROGRAM GUIDE FOR CLASS FEES