



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall 1 Fitness Day Planner

August 28 - September 9, 2023  
Countryside YMCA | Lebanon

## MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cycle Spin	5:15	45	S3	Jill	3	
Boxing Fitness	6:00	30	CSCS	Hannah	A	
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	50+ 🏊
Stretch, Tone, & Balance	9:00	30	LLS	Susan	1	
Cross Training	9:15	50	S1	Kendal	A	
Cycle Spin	9:15	45	S3	Mo	2-3	
Muscle Max	9:15	50	S2	Mikhael	2-3	
Renew Yoga	9:15	60	SS	Reema	A	
Gentle Pilates	9:45	60	LLS	Connie	A	
Liquid Cardio	10:15	60	FAC	Laura	3	🏊
Hi/ Low Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Holly	A	
Community Arthritis Aqua +	12:00	45	SCP	Anita	1	🏊

EVENING	START	🕒	ROOM	LED BY	IL	
Core De Force	5:30	45	S1	Tim	A	
Strong Core & Body	5:30	45	S2	Mo	3	
Active Flow Yoga	6:00	75	SS	Karen	A	
Rocking The Waves	6:15	60	SCP	Becky	2	🏊
Cycle Spin	6:30	45	S3	Mo	3	
Muscle Max	7:00	50	S2	Olivia	2-3	
Zumba	8:00	60	S1	Terrie	A	

## TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cardio Core	5:15	45	S2	Anna	3	
Intro To Water Fitness	8:00	45	SCP	Tracy	A	🏊
Aquasize	9:00	50	SCP	Tracy	2	50+ 🏊
Cardio Kick Boot Camp	9:15	50	S1	Jamie	2-3	
Cycle Spin	9:15	45	S3	Katie	2	
Muscle Max	9:15	50	S2	Destiny	2-3	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Yin Yoga	9:15	60	SS	Laura	A	
Zumba	9:15	60	LLS	Bea	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	🏊
Liquid Cardio	10:15	60	FAC	Jane	3	🏊
Boxing Fitness	10:30	30	CSCS	Katie	A	
Power Core on Ball	10:30	45	S2	Connie	A	
Community Arthritis Aqua	12:00	45	SCP	Tracy	1	🏊

EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	4:45	60	S2	Chiaki	A	
TRX	5:00	45	S1	Monica	A	
Slow Flow Yoga	5:45	60	SS	Jennifer	A	
Cycle Spin	6:00	45	S3	Carrie L.	2-3	
Shape With Weights	6:00	50	S2	Gloria	1-2	
AO (All Out) HIIT	6:00	50	S1	Cristen	2-3	
Hydro Burn	6:15	60	SCP	Janis	3	🏊
Muscle Max	7:15	50	S2	Carrie L.	2-3	
Zumba	7:15	60	S1	Terrie	A	

## WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cycle Spin	5:15	45	S3	Jill	3	
Sunrise Splash	6:15	45	SCP	Laurie	A	🏊
Intro To Water Fitness	8:00	45	SCP	Sue	A	🏊
Time To Stretch	8:00	30	SS	Connie	A	
Aquasize	9:00	50	SCP	Sue	2	50+ 🏊
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Cross Training	9:15	50	S1	Kendal	A	
Cycle Spin	9:15	45	S3	Katie	2-3	
Muscle Max	9:15	50	S2	Mikhael	2-3	
Liquid Cardio	10:15	60	FAC	Marsha	3	🏊
Gentle Pilates	10:30	60	SS	Connie	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	50+
Zumba Basics	11:30	45	S2	Chiaki	A	
Community Arthritis Aqua +	12:00	45	SCP	Anita	1	🏊

EVENING	START	🕒	ROOM	LED BY	IL	
P90X LIVE!	5:30	60	S1	Tim	A	
Strong Core & Body	5:30	45	S2	Mo	3	
Rocking The Waves	6:15	60	SCP	Kathy	2	🏊
Yogalates	6:30	60	SS	Rhonda	A	
Spin Circuit	6:30	45	S3	Mo	3	
Muscle Max	7:00	50	S2	Olivia	2-3	

## THURSDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
TRX	5:30	45	S1	Monica	A	
Muscle Max	6:00	50	S2	Kelly	2-3	
Intro To Water Fitness	8:00	45	SCP	Tracy	A	🏊
Aquasize	9:00	50	SCP	Tracy	2	50+ 🏊
Cardio Kick Boot Camp	9:15	50	S1	Jamie	2-3	
Cycle Spin	9:15	45	S3	Renee	2-3	
Muscle Max	9:15	50	S2	Destiny	2-3	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Slow Flow Yoga	9:15	60	SS	Jennifer	A	
Zumba	9:15	60	LLS	Bea	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	🏊
Liquid Cardio	10:15	60	FAC	Laura	3	🏊
Power Core on Ball	10:30	45	S2	Connie	A	
Barre	10:30	60	SS	Janelle	A	
Boxing Fitness	10:30	30	CSCS	Katie	A	
Community Arthritis Aqua	12:00	45	SCP	Tracy	1	🏊

EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	4:45	60	S2	Chiaki	A	
Cardio Kickbox Strength	6:00	50	S1	Cristen	2-3	
Cycle Spin	6:00	45	S3	Walter	2-3	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Rhonda	3	🏊
Pound	7:00	60	S2	Olivia	A	
Zumba	7:15	60	S1	Terrie	A	

## FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cardio Core	5:15	45	S2	Anna	3	
Sunrise Splash	6:15	45	SCP	Laurie	A	🏊
Intro To Water Fitness	8:00	45	SCP	Bonnie	A	🏊
Time To Stretch	8:00	30	SS	Kelly R	A	
Aquasize	9:00	50	SCP	Bonnie	2	50+ 🏊
Stretch, Tone & Balance	9:00	30	LLS	Kelly R	1	
Cross Training	9:15	50	S1	Destiny	A	
Cycle Spin	9:15	45	S3	Mo	2-3	
Gentle Yoga	9:15	60	SS	Tracy	A	
Muscle Max	9:15	50	S2	Sheila	2-3	
Liquid Cardio	10:15	60	FAC	Brionne	3	🏊
Barre	10:30	60	SS	Connie	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Destiny	1	50+

EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	6:00	60	S2	Terrie	A	

## SATURDAY

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

## SUNDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Zumba Toning	1:15	30	S2	Terrie	A	
Zumba	2:15	60	S2	Terrie	A	



### 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



**RESERVE  
YOUR  
SPOT**



## KEY

### ROOMS

CSCS	CSC Studio	SS	Spirit Studio
CP	Competition Pool	SFR	Starter Fitness Room
FAC	Family Aquatic Center	SCP	Stolle Center Pool
IP	Instructional Pool	S1	Studio 1
LG1	Lower Level Mini Gym	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.

- 50+ Age Limit
- 🏊 Water Fitness Class

\* PROGRAM MEMBERS SEE PROGRAM GUIDE FOR CLASS FEES