



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2024 School Year Fitness Day Planner

January 1 - May 26, 2024
Countryside YMCA | Lebanon

MONDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Cycle Spin	5:15	45	S3	Jill	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	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	Susan	A	
Liquid Cardio	10:15	60	CP	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	
Strong	6:30	45	S1	Tina	A	
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+ 🏊
Cycle Spin	9:15	45	S3	Staff	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	
AO (All Out) HIIT	9:15	60	S1	Jamie	2-3	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	🏊
Liquid Cardio	10:15	60	CP	Marsha	3	🏊
Boxing Fitness	10:30	30	S3	Jane	A	
Power Core on Ball	10:30	45	S2	Staff	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	6:50	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	50+ 🏊
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Cross Training	9:15	50	S1	Kendal	A	
Muscle Max	9:15	50	S2	Mikhael	2-3	
Liquid Cardio	10:15	60	CP	Marsha	3	🏊
Gentle Pilates	10:30	60	SS	Staff	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 Kickbox Strength	9:15	60	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	CP	Laura	3	🏊
Power Core on Ball	10:30	45	S2	Jennifer	A	
Barre	10:30	60	SS	Janelle	A	
Boxing Fitness	10:30	30	S3	Jane	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	
Yoga for Flexibility & Strength	6:00	60	SS	Susan	A	
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	6:50	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	CP	Brionne	3	🏊
Barre	10:30	60	SS	Staff	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	
Family Yoga (age 10+)	2:00	60	SS	Rhonda	A	
Zumba	2:15	60	S2	Terrie	A	
Generation Pound (age 7+)	3:30	45	S2	Olivia	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