



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2024-2025 School Year Fitness Day Planner

September 3, 2024 – May 25, 2025  
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
Renew Yoga	6:00	60	MPS	Reema	A
Zumba	7:00	60	LSB	Jamie	A

## TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL
Active Seniors	9:15	60	MPS	Holly	1-2 <span>50+</span>
Cardio Sculpt	9:15	50	LSB	Carrie	A
TRX	9:30	45	LSA	Erin	A
Gentle Yoga	10:30	60	LSD	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
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 <span>50+</span>
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