

Countryside YMCA

1699 Deerfield Road
Lebanon OH 45036

Area(s) Served:
Warren County

<https://countrysideymca.org/activities-and-more/facility-features/stolle-center.html>

Phone: 513-932-1424

Phone Extension: N/A

Contracted Provider: Not Applicable

Description:

Just like that daily cup of coffee, coming to the Y starts your day off right. In the Stolle Center - our private facility for those 50 and over - members enjoy everything from fitness classes and warm water pool activities to social gatherings and day trips. Games, movies, and a comfortable pool side lounge provide even more entertainment. Come grab a cup of coffee and enjoy life at the Y.

A range of fitness programs provides a focus on improving health and wellness. Activities include Gentle Pilates, Senior Strive Circuit Training, Walk Aerobics, and Zumba Basics to name a few. Countryside YMCA also offers numerous water fitness programs specifically designed for older adults in a private warm water pool (temperature is maintained between 86-88 degrees).

- Daily social programming includes bridge games, movies, puzzles, and board games – all in a private access setting. There's even an exclusive library to peruse.
- Arts and enrichment programs feature favorite activities as well as new trends in hobby building.
- Senior members can enjoy Wii games or use the big screen TV to watch football, baseball, and more.
- Other unique amenities include comfortable poolside lounge furniture, a countryside view, and a whirlpool.

Questions? Contact Julie Fennessey at 513 932 1424 ext 148