



STATE COLLEGE YMCA JUNE 2024 GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		Bodypump – Sandy – Small Gym		Bodypump – Sandy – Small Gym			
6:00 AM	Boot Camp – Josh – Gym A & B	Adult Swim – Josh – Rec Pool Cycling Class – Sarah – Cycling Room	Boot Camp – Tori – Gym A & B	Adult Swim – Josh – Rec Pool Cycling Class – Marc – Cycling Room	Boot Camp – Colin – Gym A & B		
8:15 AM						Bodypump – Various – Small Gym	
9:00 AM	Cardio Dance – Ellen – Small Gym (Ends June 7) Active Adult Total Fitness – Sue – Gym A		Cardio Dance – Ellen – Small Gym (Ends June 7) Active Adult Total Fitness – Sue – Gym A	Yoga – Briel – Small Gym	Cardio Dance – Ellen – Small Gym (Ends June 7) Active Adult Total Fitness – Sue – Gym A		
9:15 AM							Yoga – Christy – Small Gym
10:00 AM	Bodypump – Vicki – Small Gym	Zumba Gold – Amber/Melanie – Gym A Bodybalance – Vicki – Small Gym	Zumba – Rebecca – Gym A Bodypump – Vicki – Small Gym Gentle Cycling – Frank – Cycling Room	Zumba Gold – Amber/Melanie – Gym A Bodycombat – Vicki – Small Gym	Bodypump – Vicki – Small Gym		
10:30 AM		Senior Strength & Stretch – Sarah – Fitness Center		Senior Strength & Stretch – Sarah – Fitness Center		Zumba – Melissa – Gym A	
10:45 AM						Yoga – Andy – Small Gym	
11:10 AM	Gentle Yoga – Nicole – Small Gym-Online		Gentle Yoga – Amy – Small Gym-Online		Gentle Yoga – Nicole – Small Gym-Online		
12:10 PM	Cycling Class – Jules – Cycling Room		Cycling Class – Josh – Cycling Room		Cycling Class – Leila – Cycling Room		12:45pm – Ladies on the Rocks (See dates for class)
5:00 PM							
5:15 PM	Bodypump – Jen – Small Gym		Bodypump – Jen – Small Gym				
6:00 PM						Key Blue – Active Adult Programs Black – Group Ex Programs Red – Les Mills Purple – Virtual Only Green – Special Classes *NOTE: Substitute instructors will teach when there is a conflict with our regular scheduled instructor to keep class consistency for our members.	
6:15 PM	(6:20 PM) Zumba – Joann – Small Gym	Zumba Tone – Shianne – Small Gym	(6:20 PM) Zumba – Joann – Small Gym				
6:30PM				Youth Tang Soo Do Karate – Small Gym			
7:00 PM					Open Rock Climbing – Small Gym		
7:25 PM			Adult Tang Soo Do Karate – Teen Center				

*Please check bulletin board & mobile app for most up to date schedules **Updated 5/20/2024 ***See reverse side for class descriptions – Schedule subject to change due to attendance – Class formats may change in event of substitute teacher.

GROUP EXERCISE CLASS DESCRIPTIONS

Regular Group Exercise Programs

YOGA

Our yoga classes draws from several different styles of yoga to focus on breath and movement. Our yoga practice seeks to cultivate mindfulness and greater awareness within one's own body.

ZUMBA

Zumba features exotic rhythms set to high-energy Latin beats. The movements are simple, it burns calories, and most importantly, it is fun!

ZUMBA TONE

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Light weight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

INDOOR CYCLING

A fun and challenging heart focused class, appropriate for a wide range of fitness levels. Pedal your circulatory system to an increased level of endurance in a black light, energized group setting on our Schwinn Blue Carbon bikes with computers that measure your cadence, power, and distance. C-Fusion Class will also include 20 minutes of strength exercises during 2nd half of class.

MASTERS (ADULT) SWIM

This program provides a 'masters swim' type of environment. A variety of swim strokes, drills and sets will provide you with a template while working with others in developing your basic swim skills, train for a triathlon, or just looking to have a great workout with a group of friends.

BOOT CAMP

Boot Camp classes help adults reach weight loss goals through a variety of strength-building and cardio-endurance exercises. Participants develop confidence while achieving an overall feeling of health and well-being.

BODYPUMP

BODYPUMP™ IS THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

BODYCOMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and Kick your way to fitness and burn up to 570 calories** in a class. No experience needed! Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

BODYBALANCE

Ideal for anyone and everyone, **BODYFLOW®** is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves. Elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

ACTIVE OLDER ADULT PROGRAMS

ACTIVE ADULT TOTAL FITNESS

Active Adult Total Fitness is a low-impact class that helps develop cardiovascular health, muscular strength and endurance, balance, flexibility, and a strong core. This class is suitable for seniors and adaptable to every ability level.

GENTLE YOGA

Gentle Yoga incorporates modified and therapeutic yoga postures and deep relaxation in a practice designed to support health and healing for people with injuries and pre-existing conditions. This class is perfect for seniors, those with special conditions, or anyone looking for a restorative and relaxing yoga practice.

CARDIO DANCING (SCHOOL YEAR ONLY)

Cardio dancing helps to strengthen the heart, achieve weight loss goals, and build lasting relationships in a fun environment. Choreographed dance routines provide a fun atmosphere and flexible, varied levels of cardiovascular challenges for all!

ZUMBA GOLD

Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class is less intense, with dance routines designed for beginners and older adults using modified movements. **GREAT FOR ACTIVE ADULTS!!!**

SPECIAL PROGRAMS-REGISTRATION REQUIRED

YOUNG/PULIZIANG/SUDOJOKARATE

Tang Soo Do is a traditional Korean martial art that encourages patience, loyalty, honesty, and self-control while improving physical strength, endurance, and flexibility. Must be 6 years or older.

SENIOR STRENGTH & STRETCH

Senior strength and stretch provides a personalized, small-group setting, designed to train functional movements and increase mobility and strength, while improving quality of life.

YOUTH ROCK CLIMBING

Participants learn how to harness themselves, tie a variety of knots, learn climbing and bouldering techniques and possibly learn bouldering and rappel by the end of the class. Parents are welcome and highly encouraged to participate with their children.

LADIES ON THE ROCKS

This climbing class is an opportunity for women of all levels of climbing experience to climb together in a supportive, positive environment. Enjoy learning new climbing techniques and brushing up on older ones, with a focus on how we as women are uniquely suited to be strong, powerful climbers.