



STATE COLLEGE YMCA SEPTEMBER 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 – Chrissy – Cycling Room	Boot Camp – Josh – Gym A & B	Adult Swim – Josh – Rec Pool Cycling Class – Marc – Cycling Room	Yoga – Emily – Small Gym (Starts September 13)		
8:15 AM						Bodypump – Various – Small Gym	
8:30 AM	Cardio Dance – Ellen – Small Gym (Starts Sept 4)		Cardio Dance – Ellen – Small Gym (Starts Sept 4)		Cardio Dance – Ellen – Small Gym (Starts Sept 4)		
9:00 AM	Active Adult Total Fitness – Sue – Gym A		Active Adult Total Fitness – Sue – Gym A	Yoga – Briel – Small Gym	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 – Amy – 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 Youth Fencing – Matt -- Small Gym (Sept 8)	
10:45 AM						Yoga – Andy – Small Gym	
11:10 AM	Gentle Yoga – Nicole – Small Gym-Online		Gentle Yoga – Nicole – Small Gym-Online		Gentle Yoga – Amy – Small Gym-Online		
12:10 PM	Cycling Class – Josh – Cycling Room		Cycling Class – Josh – Cycling Room		Cycling Class – Leila – Cycling Room		12:45pm – Ladies on the Rocks (See dates for class)
5:15 PM	Bodypump – Jen – Small Gym	Bodypump – Rachel – Small Gym	Bodypump – Jen – Small Gym	Bodypump – Rachel – Small Gym			
6:00 PM		Cycling Class – Krista – Cycling Room		Cycling Class – Ann – Cycling Room		<p style="text-align: center;"><u>Key</u></p> <p>Blue – Active Adult Programs</p> <p>Black – Group Ex Programs</p> <p>Red – Les Mills</p> <p>Purple – Virtual Only</p> <p>Green – Special Classes</p> <p>*NOTE: Substitute instructors will teach when there is a conflict with our regular scheduled instructor to keep class consistency for our members.</p>	
6:20 PM	Zumba – Joann – Small Gym	Zumba Tone – Shianne – Small Gym	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				

Updated: 8/26/2024

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