



STATE COLLEGE YMCA NOVEMBER 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		Adult Swim – Rec Pool Cycling Class – Chrissy – Cycling Room		Adult Swim – Rec Pool Cycling Class – Marc – Cycling Room	Yoga – Emily – Small Gym		
8:15 AM						Bodypump – Various – Small Gym	
8:30 AM	Cardio Dance – Ellen – Small Gym		Cardio Dance – Ellen – Small Gym		Cardio Dance – Ellen – Small Gym		
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		
10:15 AM						Zumba – Melissa – Gym A	
10:30 AM		Senior Strength & Stretch – Sarah – Fitness Center		Senior Strength & Stretch – Sarah – Fitness Center			Youth Fencing – Matt -- Small Gym
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 – Leila – Cycling Room		
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		<u>Key</u> 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.	
6:20 PM	Zumba – Joann – Small Gym	Zumba Tone – Shianne – Small Gym	Zumba – Joann – Small Gym				
6:30 PM				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: 11/1/2024							

*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. ***Amended schedule will be in place during the week of Thanksgiving***



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BODYPUMP

BODYPUMP is a barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.

BODYCOMBAT

BODYCOMBAT is a mixed martial arts-inspired workout that fuels cardio fitness and defines and strengthens your whole body. You'll feel empowered and in control as you build phenomenal core strength.

BODYBALANCE

BODYBALANCE is the yoga, tai chi and Pilates workout that helps build your flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing.

ACTIVE ADULTS TOTAL FITNESS

Active Adults Total Fitness is a low-impact class that helps develop cardiovascular health, muscular strength and endurance, balance, flexibility, and a strong core. Participants can expect an improved quality of life and daily function. This class is suitable for seniors and adaptable to every ability level.

SENIOR STRENGTH AND STRETCH

A personalized, small-group setting designed to train functional movements, and increase mobility, flexibility, and bone density.

Not included in membership

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 preexisting conditions. This class is perfect for seniors, those with special conditions, or anyone looking for a restorative and relaxing yoga practice.

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.

ZUMBA

Zumba features exotic rhythms set to high-energy Latin beats. It's easy to do, burns calories and is most importantly, fun! Additionally, Zumba participants often develop a deep-rooted community, who dance their way to a healthier lifestyle.

ZUMBA GOLD

Zumba Gold modifies the dance moves and slows down the pace a little to suit the needs of the active older adult.

ZUMBA TONE

An easy to follow, calorie burning, Latin inspired dance party. With Zumba Tone you will sculpt your body while moving toward joy and health!

CARDIO DANCE

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!