



STATE COLLEGE YMCA  
**March 2025 GROUP EXERCISE SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		<b>BodyPump – Sandy – Small Gym</b>		<b>BodyPump – Sandy – Small Gym</b>			
6:00 AM	<b>Bootcamp - Gym A - Brandon</b>	<b>Adult Swim - Rec Pool</b> <b>Cycling Class - Chrissy</b>	<b>Bootcamp - Gym A - Brandon</b>	<b>Adult Swim – Rec Pool</b> <b>Cycling Class – Marc</b>	<b>Yoga – Amy R.– Small Gym</b>		
7:00 AM			<b>Cycling Class – Krista</b>				
8:15 AM						<b>BodyPump – Small Gym - Various</b>	
8:30 AM	<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A - <a href="#">Online</a></b>		<b>Active Adult Total Fitness – Sue – Gym A - <a href="#">Online</a></b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A - <a href="#">Online</a></b>		
9:15 AM							<b>Yoga – Chrissy – Small Gym</b>
10:00 AM	<b>BodyPump – Vicki – Small Gym</b> <b>Cycling Class – Leila</b>	<b>BodyBalance – Vicki - Small Gym</b> <b>Zumba Gold – Amber/Melanie – Gym A</b>	<b>BodyPump – Vicki – Small Gym</b> <b>Gentle Cycling – Frank</b>	<b>BodyCombat – Vicki – Small Gym</b> <b>Zumba Gold – Amber/Melanie – Gym A</b>	<b>BodyPump - Vicki – Small Gym</b>		
10:15 AM						<b>Zumba – Melissa – Gym A</b>	<b>Zumba – Matt – Gym A</b>
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah- Fitness Center</b>	<b>Zumba – Rebecca – Gym A</b>	<b>Senior Strength &amp; Stretch – Sarah- Fitness Center</b>			<b>Youth Fencing – Matt -- Small Gym</b>
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:05 AM			<b>BodyBalance – Vicki Small Gym – 30 mins</b>				
11:10 AM	<b>Gentle Yoga – Nicole – Small Gym-<a href="#">Online</a></b>				<b>Gentle Yoga - Jill – Small Gym-<a href="#">Online</a></b>		
12:00 PM			<b>Gentle Yoga – Amy R.-Small Gym - <a href="#">Online</a></b>				
5:15 PM	<b>BodyPump – Jen – Small Gym</b>	<b>BodyPump – Rachel – Small Gym</b>	<b>BodyPump – Jen – Small Gym</b>	<b>BodyPump – Rachel – Small Gym</b>			
6:00 PM		<b>Cycling Class – Ann</b>		<b>Cycling Class – Krista</b>		<p style="text-align: center;"><u>Key</u>  <b>Blue – Active Adult Programs</b>  <b>Black – Group Ex Programs</b>  <b>Red – Les Mills</b>  <b>Green – Special Classes</b></p> <p><b>*Highlighted items are a change in schedule compared to last month*</b></p>	
6:20 PM	<b>Zumba – Joann – Small Gym</b>	<b>Zumba Tone – Shianne – Small Gym</b>	<b>Zumba – Joann – Small Gym</b>				
6:30PM				<b>Youth Tang Soo Do Karate – Small Gym</b>			
7:25 PM			<b>Adult Tang Soo Do Karate – Teen Center</b>				
Updated: 2/28/2025							

\*Please check website gym schedules for most up to date schedule\* \*\*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 Spring Break (March 10-17)\*\*\*



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**ACTIVE ADULT 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.

**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.

**BOOTCAMP**

Don't let the name scare you! This 45 minute class is a mix of bodyweight exercises, resistance training, and cardio training.

**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!