



# CHRISTMAS/NEW YEAR'S GROUP EXERCISE SCHEDULE

	MONDAY 12/22	TUESDAY 12/23	WEDNESDAY 12/24	THURSDAY 12/25	FRIDAY 12/26	SATURDAY 12/27	SUNDAY 12/28
5:45 AM		BodyPump – Sandy – Small Gym	YMCA OPEN 5:30AM-1PM	MERRY CHRISTMAS!! YMCA CLOSED	YMCA OPEN 9AM-3PM		
6:00 AM	Bootcamp – Big Gym – Brandon	Adult Swim - Rec Pool Cycling Class - Chrissy	Bootcamp – Big Gym – Kate				
8:15 AM						BodyPump – Small Gym – Claire	
8:30 AM	Cardio Dance – On the Wall – Small Gym		Cardio Dance – On the Wall – Small Gym				
9:00 AM	Active Adult Total Fitness – Sue – Gym A - <a href="#">Online</a>	Zumba Gold – Amber/Melanie – Gym A	Active Adult Total Fitness – Sue – Gym A - <a href="#">Online</a>				
9:15 AM					Active Adult Total Fitness – Sue – Gym A - <a href="#">Online</a>		Yoga – Chrissy – Small Gym
10:00 AM	BodyPump – Vicki – Small Gym Cycling Class – Leila				BodyPump – Vicki – Small Gym		
10:15 AM						Zumba – Matt – Gym A	Zumba – Matt – Gym A
10:45 AM						Yoga – Andy – Small Gym	
11:10 AM			Gentle Yoga - Andy – Small Gym & <a href="#">Online</a>		Gentle Yoga - Jill – Small Gym & <a href="#">Online</a>		
5:10 PM	BodyPump – Jen – Small Gym	BodyPump – Rachel – Small Gym					
6:15 PM	Zumba – Joann – Small Gym	Zumba Tone – Shianne – Small Gym				<b>Key</b>  Red – Lesmills  Blue – Active Adult Programs  Black – Group Exercise Programs  Green – Paid Classes	
Updated: 12/15/2025							

\*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.

Turn over for New Year's Week Schedule



# STATE COLLEGE YMCA

## CHRISTMAS/NEW YEAR'S GROUP EXERCISE SCHEDULE

	MONDAY 12/29	TUESDAY 12/30	WEDNESDAY 12/31	THURSDAY 1/1	FRIDAY 1/2	SATURDAY 1/3	SUNDAY 1/4
5:45 AM		<b>BodyPump – Sandy – Small Gym</b>	<b>YMCA OPEN 5:30Am-1PM</b>	<b>HAPPY NEW YEAR! YMCA CLOSED</b>			
6:00 AM	<b>Bootcamp – Big Gym – Kate</b>	<b>Adult Swim</b> - Rec Pool <b>Cycling Class</b> - Chrissy	<b>Bootcamp – Big Gym – Kate</b>		<b>Cycling Class</b> - Chrissy		
8:15 AM						<b>BodyPump – Small Gym – Claire</b>	
8:30 AM	<b>Cardio Dance – On the Wall – Small Gym</b>		<b>Cardio Dance – On the Wall – Small Gym</b>		<b>Cardio Dance – On the Wall – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A - <a href="#">Online</a></b>	<b>Zumba Gold – Amber/Melanie – Gym A</b> <b>Mat Pilates – Amy – Small Gym</b>	<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>		
9:15 AM							<b>Yoga – Chrissy – Small Gym</b>
10:00 AM	<b>BodyPump – Vicki – Small Gym</b>	<b>BodyBalance – Vicki - Small Gym</b>	<b>BodyPump – Vicki – Small Gym</b>		<b>BodyPump – Vicki – Small Gym</b>		
10:15 AM						<b>Zumba – Melissa – Gym A</b>	<b>Zumba – Matt – Gym A</b>
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:10 AM	<b>Gentle Yoga - Alex – Small Gym &amp; <a href="#">Online</a></b>		<b>Gentle Yoga - Jill – Small Gym &amp; <a href="#">Online</a></b>		<b>Gentle Yoga - Jill – Small Gym &amp; <a href="#">Online</a></b>		
6:15 PM	<b>Zumba – Joann – Small Gym</b>	<b>Zumba Tone – Shianne – Small Gym</b>				<b>Key</b>  <b>Red – Lesmills</b>  <b>Blue – Active Adult Programs</b>  <b>Black – Group Exercise Programs</b>  <b>Green – Paid Classes</b>	
Updated: 12/15/2025							

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