STATE COLLEGE YMCA

NOVEMBER 2026 GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		**BodyPump** – Sandy – Small Gym		**BodyPump** – Sandy – Small Gym			
6:00 AM	**Bootcamp -** Gym A – Kate	**Adult Swim** - Rec Pool **Cycling Class -** Chrissy	**Bootcamp -** Gym A - Brandon	**Adult Swim** – Rec Pool **Cycling Class –** Claire	**Bootcamp -** Gym A - Brandon **Cycling Class –** Ann		
8:15 AM						**BodyPump** – Small Gym - Various	
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 – Online	**Zumba Gold** – Amber/Melanie – Gym A **Mat Pilates –** Amy – Small Gym **Cycling Class (30 min) –** Claire	**Active Adult Total Fitness** – Sue – Gym A - Online	**Zumba Gold** – Amber/Melanie – Gym A **Yoga** – Briel/Amy – Small Gym	***Active Adult Total Fitness** – Sue – Gym A - Online		
9:15 AM							**Yoga** – Chrissy – Small Gym
10:00 AM	**BodyPump** – Vicki – Small Gym **Cycling Class –** Leila	**BodyBalance** – Vicki - Small Gym	**BodyPump** – Vicki – Small Gym **Gentle Cycling** – Amy **Zumba** – Rebecca – Gym A	**BodyCombat** – Vicki – Small Gym	**BodyPump** - Vicki – Small Gym		
10:15 AM						**Zumba** – Melissa – Gym A	**Zumba** – Matt – Gym A
10:30 AM		**Senior Strength & Stretch** – Sarah- Fitness Center		**Senior Strength & Stretch** – Sarah- Fitness Center			
10:45 AM						**Yoga** – Andy – Small Gym	
11:15 AM			**Gentle Yoga –** Jill - Small Gym & Online		**Gentle Yoga** - Jill – Small Gym & Online		
1:00 PM	**Tai Chi –** John – Small Gym			**Tai Chi –** John – Small Gym			
5:10 PM	**BodyPump** – Jen – Small Gym	**BodyPump** – Rachel – Small Gym	**BodyPump** – Jen – Small Gym	**BodyPump** – Rachel – Small Gym			
6:15 PM	**Zumba** – Joann – Small Gym	**Zumba Tone** – Shianne – Small Gym	**Zumba** – Joann – Small Gym			**Key**	
6:30PM				**Youth Tang Soo Do Karate** – Small Gym		**Red – Lesmills** **Blue – Active Adult Programs** **Black – Group Exercise Programs** **Green – Paid Classes**	
7:25 PM			**Adult Tang Soo Do Karate** – Small Gym				

Updated: 11/2/2026

The following classes are cancelled:

- 5:10pm BODYPUMP on Thursday, November 5th
- 10am BODYPUMP on Friday, November 6th
- 11:15am Gentle Yoga on Friday, November 6th

**Be on the lookout for a Thanksgiving Week Group Exercise Schedule.

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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.

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!

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.

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.

MAT PILATES
Mat Pilates is a non-impact workout focused on core strength and alignment, posture, flexibility, and balance.

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***

TAI CHI
Tai chi is an ancient Chinese mind-body practice featuring slow, continuous, gentle movements paired with deep breathing and mental focus. Often called "meditation in motion," it began as a martial art and now serves as a low-impact exercise that builds balance, strength, and inner calm

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!