

**Current Group Exercise and Personal Training Schedule**  
**Updated May 29<sup>th</sup> 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Senior Strength</b> 8:15am-9:00am		<b>Senior Strength</b> 8:15am-9:00am		<b>Semi Private Training</b> 9:00am-9:45am
<b>Semi Private Training</b> 9:00am-9:45am	<b>Semi Private Training</b> 10:00am- 10:45am	<b>Semi Private Training</b> 9:00am-9:45am	<b>Semi Private Training</b> 10:00am- 10:45am	<b>Senior Strength</b> 10:00am-10:45am
<b>Semi Private Training</b> 10:00am- 10:45am		<b>Semi Private Training</b> 10:00am- 10:45am		
	<b>Circuit Training</b> 12:15-1:00pm		<b>Circuit Training</b> 12:15-1:00pm	
<b>Semi Private Training</b> 3:00pm-3:45pm	<b>Semi Private Training</b> 3:00pm-3:45pm	<b>Semi Private Training</b> 3:00pm-3:45pm	<b>Semi Private Training</b> 3:00pm-3:45pm	<b>Semi Private Training</b> 3:00pm-3:45pm
<b>Semi Private Training</b> 4:00pm-4:45pm	<b>Semi Private Training</b> 4:00pm-4:45pm	<b>Semi Private Training</b> 4:00pm-4:45pm	<b>Semi Private Training</b> 4:00pm-4:45pm	<b>Semi Private Training</b> 4:00pm-4:45pm
<b>Semi Private Training</b> 5:00pm-5:45pm		<b>Semi Private Training</b> 5:00pm-5:45pm		

- All Senior Strength classes will be limited to a maximum of 10 participants in the blue room. The Friday fitness center class will be moved to the gym and will be limited to a maximum of 20 participants.
- All Semi Private Training Sessions will be limited to 4 people max- These spots will be on a first come first serve basis. All sessions will need to be booked with Annie Dombrowski via email at [adombrowski@ymcaocc.org](mailto:adombrowski@ymcaocc.org) or phone at 814-355-5551
  - No sessions can be booked through the front desk staff or other staff
  - Sessions will be 45 minutes long- this will allow for 15 minutes of cleaning done by the instructor
  - All clients must wait in the hall or lobby until their session time begins

- All Circuit Training Classes will be limited to 5 people max
  - Some classes may be conducted outside weather permitted
- All members will be required to sanitize their hands before using equipment and after
- No water fountains will be open - please bring your own water bottles
- Locker room facility usage will be limited, so please plan accordingly

Thank you for all of your cooperation and understanding. Please know that upon entry into the building, you are required to wear a mask and sign a waiver. If you have any questions regarding personal training or exercise classes, please contact Annie Dombrowski at [adombrowski@ymcaocc.org](mailto:adombrowski@ymcaocc.org).