



# STATE COLLEGE YMCA

## MARCH 2023 GROUP EXERCISE SCHEDULE (as of 2/27)

	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>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Josh – Rec Pool</b> <b>Cycling Class – Sarah – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Josh – Rec Pool</b> <b>Cycling Class – Marc – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>		
8:15 AM						<b>Bodypump – Monica – Small Gym</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</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
9:15 AM							<b>Yoga – Briel – Small Gym</b>
9:30 AM						<b>Zumba – Melissa – Small Gym</b>	
10:00 AM	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodybalance – Vicki – Small Gym</b>	<b>Zumba – Rebecca – Gym A (No class March 8)</b> <b>Bodypump – Vicki – Small Gym</b> <b>Move, Stretch &amp; Balance – Sarah – Online</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodycombat – Vicki – Small Gym</b>	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>		
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			<b>Total Body Fit – Jill – Small Gym (No Class March 5 or 12)</b>
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
12:10 PM	<b>Cycling Class – Jules – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Stacy – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Leila – Cycling Room</b>		
5:00 PM		<b>Bodypump – Rachel – Small Gym (Starts 1/12 @ 5pm)</b>		<b>Bodypump – Rachel – Small Gym (Starts 1/12 @ 5pm)</b>			
5:15 PM	<b>Bodypump – Jen – Small Gym</b>		<b>Bodypump – Jen – Small Gym</b>				
6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
7:00 PM		<b>Slow Flow Yoga – Nicole – Small Gym (Starts Sept 13)</b>					
6:30 PM				<b>Youth Tang Soo Do Karate – Small Gym</b>			
7:30 PM			<b>Adult Tang Soo Do Karate – Teen Center</b>				

\*Please check bulletin board & mobile app for most up to date schedules \*\*Updated 2/23/2022 \*\*\*See reverse side for class descriptions – Schedule subject to change due to attendance – Class formats may change in event of substitute teacher.