



STATE COLLEGE YMCA

JANUARY 2024 GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		Bodypump – Sandy – Small Gym		Bodypump – Sandy – Small Gym			
6:00 AM	Boot Camp – Josh – Gym A & B	Adult Swim – Josh – Rec Pool Cycling Class – Sarah – Cycling Room	Boot Camp – Tori – Gym A & B	Adult Swim – Josh – Rec Pool Cycling Class – Marc – Cycling Room	Boot Camp – Colin – Gym A & B		
8:15 AM						Bodypump – Various – Small Gym	
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		Active Adult Total Fitness – Sue – Gym A	Yoga – Briel – Small Gym	Active Adult Total Fitness – Sue – Gym A		
9:15 AM							Yoga – Christy – Small Gym
9:30 AM						Zumba – Melissa – Small Gym	
10:00 AM	Bodypump– Vicki – Small Gym	Zumba Gold – Joann – Gym A Bodybalance – Vicki - Small Gym	Zumba – Rebecca – Gym A Bodypump – Vicki – Small Gym Gentle Cycling – Amy – Cycling Room	Zumba Gold – Joann – Gym A Bodycombat – Vicki – Small Gym	Bodypump - Vicki – Small Gym		
10:30 AM		Senior Strength & Stretch – Sarah- Fitness Center		Senior Strength & Stretch – Sarah- Fitness Center			
10:45 AM						Yoga – Andy – Small Gym	
11:00 AM	Gentle Yoga – Nicole – Small Gym-Online		Gentle Yoga – Amy – Small Gym-Online		Gentle Yoga – Nicole – Small Gym-Online		
12:10 PM	Cycling Class – Jules – Cycling Room		Cycling Class – Stacy – Cycling Room		Cycling Class – Leila – Cycling Room		
5:00 PM		Bodypump – Rachel – Small Gym		Bodypump – Rachel – Small Gym			(4:00 PM) Open Rock Climbing – Small Gym
5:15 PM	Bodypump – Jen – Small Gym		Bodypump – Jen – Small Gym				
6:00 PM		Cycling Class – Ann – Cycling Room		Cycling Class – Krista – Cycling Room		Key Blue – Active Adult Programs Black – Group Ex Programs Red – Les Mills Purple – Virtual Only Green – Special Classes *NOTE: Substitute instructors will teach when there is a conflict with our regular scheduled instructor to keep class consistency for our members.	
6:15 PM	Zumba – Joann – Small Gym	Zumba Tone – Shianne – Small Gym	Zumba – Joann – Small Gym				
6:30PM				Youth Tang Soo Do Karate – Small Gym			
7:00 PM					Open Rock Climbing – Small Gym		
7:20 PM			Adult Tang Soo Do Karate – Teen Center				

*Please check bulletin board & mobile app for most up to date schedules **Updated 9/20/2023 ***See reverse side for class descriptions – Schedule subject to change due to attendance – Class formats may change in event of substitute teacher.