



GREATER SCRANTON YMCA, 2018 Group Exercise Schedule

* Updated 01/18

***During Renovations, all Cycling classes will be moved to the Multi Purpose Room**

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	Strength Train Together	Amy	Group Exercise Room
	Power Cycling	Robyn	Cycling Room
8:45 AM	Power Cycling	Jane	Cycling Room
9:00 AM	Kickboxing	Mary Margaret	Group Exercise Room
	Strong and Balanced	Kathy	Gym A
9:45 AM	Pilates	Jane	Multi Purpose Room
10:00 AM	Zumba Gold	Kathy	Gym A
	Zumba	Michele	Group Exercise Room
10:45 AM	Cardio Craze	Jane	Multi Purpose Room
12:10 PM	Power Cycling	Jo	Cycling Room
5:15 PM	Zumba	Renee	Multi Purpose Room
5:30 PM	Strength Train Together	LaRayne	Group Exercise Room
	Power Cycling	Jenn	Cycling Room
6:30 PM	PiYo	Lisa	Group Exercise Room

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	Power Cycling	Annie	Cycling Room
8:45 AM	Power Cycling	Jane	Cycling Room
9:15 AM	Zumba/Zumba Step	Kathy, Shani, Kristen OR Renee	Multi Purpose Room
9:30 AM	Muscle Madness	Jane	Group Exercise Room
10:00 AM	Silver Sneakers	Linda	Gym A
11:45 AM	TRX	Linda	Group Exercise Room
5:30 PM	Cardio Combat	Mary Margaret	Group Exercise Room
	Power Cycling	Jenn	Cycling Room
6:30 PM	Gut & Butt Buster	Tom	Group Exercise Room

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	Strength Train Together	Annie	Group Exercise Room
8:45 AM	Power Cycling	Jane	Cycling Room
9:00 AM	Zumba	Kristen	Group Exercise Room
	Yoga for Seniors	Mary Margaret	Gym A
10:00 AM	Easy Does It	Mary Margaret	Gym A
4:15 PM	Step/Weights	Jane	Group Exercise Room
5:30 PM	Group Power	Jenn	Group Exercise Room
6:00 PM	PiYo Express	Lisa	Multi Purpose Room
6:30 PM	We Are Y (Special Needs)	Jo	Group Exercise Room

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	Power Cycling	Amy	Cycling Room
8:45 AM	Power Cycling	Linda	Cycling Room
9:00 AM	Kickboxing	Mary Margaret	Group Exercise Room
9:45 am	Rhythm Yoga	Jo	Multi Purpose Room
10:00 AM	Silver Sneakers	Linda	Gym A
12:00 PM	TRX	Linda	Group Exercise Room
4:30 PM	Strength Train Together	Jenn	Group Exercise Room
5:30 PM	Zumba	Shani	Group Exercise Room
6:30 PM	Gut & Butt Buster	Tom	Group Exercise Room

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	PiYo	Lisa	Group Exercise Room
	Power Cycling	Annie	Cycling Room
9:00 AM	Zumba	Kristen	Group Exercise Room
	Easy Does It	Kathy Platt	Gym A
10:15 AM	Yoga	Carol	Group Exercise Room
Noon	TRX	Linda	Group Exercise Room
12:10 PM	Power Cycling	Jo	Cycling Room
4:15 PM	Power Cycling	Katie	Cycling Room
	Zumba	Phyllis	Group Exercise Room

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00 AM	Muscle Madness	Annie	Group Exercise Room
9:00 AM	Power Cycling	Jo	Cycling Room
9:30 AM	Zumba Gold	Mindy	Group Exercise Room
	Piloxing	Katie	Multi Purpose Room
10:30 AM	Zumba Step	Kristen	Multi Purpose Room
	Yoga Stretch	Mindy	Group Exercise Room

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
9:15 AM	Power Cycling	Annie	Cycling Room
	Zumba	Michele	Group Exercise Room
10:15 AM	Pilates	Lisa	Multi Purpose Room
10:30 AM	Strength Train Together	Annie OR Amy	Group Exercise Room

*Class times, instructors and locations are subject to change.

GREATER SCRANTON YMCA

706 N. Blakely Street

Dunmore, PA 18512

P - (570) 342-8115, F - (570) 342-8205

W - www.greaterscrantonymca.org

