



GREATER SCRANTON YMCA, 2019 Group Exercise Schedule

* Updated 5/13/2019

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	Strength Train Together	Amy	Group Exercise
8:45 AM	Power Cycling	Jane	Cycling Room
9:00 AM	Kickboxing	Mary Margaret	Group Exercise Room
	Zumba Strength & Balanced	Kathy	Gym A
9:45 AM	Pilates	Jane	Multi Purpose Room
10:00 AM	Senior Zumba	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 Step	Shani	Multi Purpose Room
9:30 AM	Muscle Madness	Jane	Group Exercise Room
10:00 AM	Silver Sneakers	Linda & Michele	Gym A
10:45 AM	Rhythm Yoga	Jo	Group Exercise Room
11:45 AM	TRX	Linda	Group Exercise Room
4:30 PM	Zumba	Michelle	Group Exercise Room
5:30 PM	Motion Muscle Mix	Mary Margaret	Group Exercise Room
	Power Cycling	Jenn	Cycling Room
6:30 PM	Vinyasa Yoga	Rebecca	Group Exercise Room

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	Strength Train Together	Annie	Group Exercise Room
	Power Cycling	Robyn	Cycling 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
5:00 PM	Power Cycling	Jaclyn	Cycling Room
5:30 PM	Strength Train Together	Jenn	Group Exercise Room
6:00 PM	PiYo	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
10:00 AM	Silver Sneakers	Linda & Michele	Gym A
10:15 AM	Rhythm Yoga	Jo	Group Exercise Room
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
	Power Cycling	Jane or Becky	Cycling Room
6:30 PM	Beginner Vinyasa Yoga	Rebecca	Group Exercise Room

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 AM	Power Cycling	Annie	Cycling Room
	Yoga Flow	Amy	Group Exercise Room
9:00 AM	Zumba	Kristen	Group Exercise Room
	Senior Zumba	Kathy	Gym A
	Power Cycling	Jonathan	Cycling Room
10:15 AM	Core & More	Linda	Group Exercise Room
12:00 PM	TRX	Linda	Group Exercise Room
12:10 PM	Power Cycling	Jo	Cycling Room

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00 AM	Muscle Madness	Annie	Group Exercise Room
9:00 AM	Power Cycling	Jo	Cycling Room
9:15 AM	Zumba Step	Kristen or Shani	Multi Purpose Room
9:30 AM	Zumba Gold	Phyllis	Group Exercise Room
10:30 AM	Yoga Stretch	Phyllis	Group Exercise Room
	Power Cycling	Jaclyn, Jane, Dawn, Johnathan	Cycling 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

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

GREATER SCRANTON YMCA

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