



YMCA of Corry 2026 Group Fitness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Cycling Rex Building 5:15a-6:00a	Enhance Fitness YMCA of Corry 8:15a-9:15a	Indoor Cycling Rex Building 5:15a-6:00a	Enhance Fitness YMCA of Corry 8:15a-9:15a	Indoor Cycling Rex Building 5:15a-6:00a	Pedal & Praise Rex Building 7:00a-7:45a
Cardio Sculpt YMCA of Corry 8:15a-9:15a	Yoga LECOM 8:45a - 9:45a	Cardio Sculpt YMCA of Corry 8:15a-9:15a	Yoga LECOM 8:45a - 9:45a	Cardio Sculpt YMCA of Corry 8:15a-9:15a	Zumba Toning YMCA of Corry 9:30a - 10:00a
Zumba Corry Elks Club 9:15a - 10:15a	Deep Aquarobics YMCA of Corry 9:30a - 10:30a	Zumba Corry Elks Club 9:15a - 10:15a	Deep Aquarobics YMCA of Corry 9:30a - 10:30a	Zumba Gold Corry Elks Club 9:15a - 10:15a	Zumba YMCA of Corry 10:00a - 11:00a
Shallow Aquarobics YMCA of Corry 9:30a - 10:30a	Boom Move LECOM 10:00a - 10:45a	Shallow Aquarobics YMCA of Corry 9:30a - 10:30a	Boom Move LECOM 10:00a - 10:45a	Shallow Aquarobics YMCA of Corry 9:30a - 10:30a	Pickup Basketball YMCA of Corry 12:00p-3:00p
Silver Sneakers LECOM 11:00a-11:45a	Chair Yoga LECOM 11:00a - 12:00a	Silver Sneakers Rex Building 11:00a-11:45a	Chair Yoga LECOM 11:00a - 12:00a	Silver Sneakers LECOM 11:00a-11:45a	
Beginner TAI CHI LECOM 2:00p - 3:00p	Zumba Gold YMCA of Corry 5:15p - 6:15p	Beginner TAI CHI LECOM 2:00p - 3:00p	Zumba Toning YMCA of Corry 6:00p - 6:30p		
Advanced TAI CHI LECOM 3:00p - 4:00p	Pickup Soccer YMCA of Corry 6:15p-8:30p	Advanced TAI CHI LECOM 3:00p - 4:00p	Zumba YMCA of Corry 6:30p - 7:30p		
Indoor Cycling Rex Building 5:30p-6:15p					

Class Locations

YMCA of Corry
906 N Center Street

Rex Building
29 W South Street

Corry Elks Club
129 N Center Street

Parkside LECOM
Fitness Center



YMCA of Corry

2026 Group Fitness



CARDIO SCULPT

Cardio Sculpt is an hour long total body circuit training class designed to make you sweat! Classes offered both morning and afternoon. Get stronger today by taking this class.

ZUMBA FITNESS

Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why ZUMBA FITNESS classes are often called exercise in disguise. Super effective? CHECK! Super fun? CHECK AND CHECK!

SILVER SNEAKERS

Silver Sneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

ZUMBA GOLD

The design of the class introduces easy-to-follow ZUMBA choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

ENHANCE FITNESS

Enhance Fitness is an evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered.

ZUMBA TONING

The challenge of adding resistance by using ZUMBA TONING sticks (light weights), helps you focus on specific muscle groups, so you and your muscles stay engaged.

INDOOR CYCLING

An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential.

YOGA

By adding our YOGA program into your exercise routine you will reduce stress and increase flexibility! Achieve a calmer peace of mind by participating today.

BOOM MOVE

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun.

CHAIR YOGA

Increase your flexibility with the support of a stationed chair. Modified traditional yoga poses will provide a great workout! Great for those who are new to yoga or those looking to increase range of motion.

AQUAROBICS

This shallow water program is geared towards a total body workout including a series of exercises aimed at raising your heart rate, toning your stomach, legs, and arms, and light stretching.

TAI CHI FOR ARTHRITIS

TCA Core is a program consisting of slow, continuous whole body movements to promote both physical and mental balance.

DEEP WATER AQUAROBICS

This DEEP water program is geared towards a total body workout including a series of exercises aimed at raising your heart rate, toning your stomach, legs, and arms, and light stretching. This is slightly more intense than the shallow water aquarobics.

PICKLEBALL

Pickleball is an indoor racket/paddle sport where two players, or four players, hit a perforated hollow plastic ball over a 36-inch-high net using solid-faced paddles. Great for people of all ages!

Pickup Soccer

Pickup soccer at the YMCA of Corry is an open-play session for grades 7 and up, including adults, where players of all skill levels drop in for casual, fun games in the gymnasium. No registration required—just bring your energy and sneakers!

Pickup Basketball

Pickup basketball at the YMCA of Corry is an open-play session for grades 7 and up, including adults, where players of all skill levels drop in for casual, competitive games on the full court. No registration required—just bring your sneakers and love for the game!