*Chair Yoga*

Monday, September 8 – 8:30 a.m. & 6:00 p.m.

Tuesday, September 9 – 6:30 a.m. & 8:30 a.m.

Wednesday, September 10 – 8:30 a.m.

Thursday, September 11 – 5:00 p.m.

Saturday, September 13 – 8:30 a.m.

*Gentle Yoga*

Monday, September 8 – 6:00 a.m. & 10:00 a.m.

Tuesday, September 9 – 6:00 p.m.

Friday, September 12 – 6:00 a.m. & 10:00 a.m.

Saturday, September 13 – 6:00 a.m.

Sunday, September 14 – 6:00 a.m.

*High School Football: State College vs. Harrisburg (September 5, 2025)*

Thursday, September 11 – 7:00 p.m.

Friday, September 12 – 4:00 p.m.

Saturday, September 13 – 12:00 a.m.

Sunday, September 14 – 10:00 a.m. & 8:00 p.m.

*Moving Freely*

Monday, September 8 – 7:00 a.m.

Tuesday, September 9 – 5:00 p.m.

Wednesday, September 10 – 7:00 a.m.

Friday, September 12 – 7:00 a.m.

*State College Area Board of School Directors Meeting (September 8, 2025)*

Monday, September 8 – 7:00 p.m. LIVE

Wednesday, September 10 – 3:00 p.m.

Thursday, September 11 – 7:00 a.m.

Friday, September 12 – 11:00 a.m.

Saturday, September 13 – 9:00 a.m. & 8:00 p.m.

*Strength Training for Senior Citizens*

Tuesday, September 9 – 7:00 a.m. & 4:00 p.m.

Thursday, September 11 – 4:00 p.m.

Friday, September 12 – 9:00 a.m.

Saturday, September 13 – 7:00 a.m.

*Weather Or Not*

Thursday, September 11 – 6:15 p.m.

Friday, September 12 – 5:45 a.m. & 8:15 p.m.

Saturday, September 13 – 2:45 p.m.

*White House Chronicle*

Monday, September 8 – 5:00 p.m.

Thursday, September 11 – 6:30 p.m.

Saturday, September 13 – 5:30 a.m.

*Zesty Chair Exercises*

Monday, September 8 – 8:00 a.m. & 5:30 p.m.

Tuesday, September 9 – 8:00 a.m.

Wednesday, September 10 – 8:00 a.m.

Thursday, September 11 – 5:30 p.m.

Friday, September 12 – 8:00 a.m.

Saturday, September 13 – 8:00 a.m.

Sunday, September 14 – 2:30 p.m.