

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

## Effective: September 1, 2020

NEW or CHANGES
KIDS' CLASSES
COMING SOON!
ZOOM CLASSES
ZOOM & IN STUDIO CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
5:15	am	1	STRENGTH TRAIN TOGETHER DJ			1	STRENGTH TRAIN TOGETHER Sharon			1	STRENGTH TRAIN TOGETHER Lara
		3	CYCLING (45M) Silas			3	CYCLING (45M) Silas			3	CYCLING (45M) Tamy
5:30	am			1	HIIT Lara			1	HIIT Lara		
8:00	am	G Y M	TABATA Megan			1	HEAVY LIFTING (45M) Megan			G Y M	TABATA Megan
				2	GENTLE YOGA (45M) Leah			2	GENTLE YOGA (45M) Leah		
		4	YOGA Gerry			4	YOGA Gerry			4	BEGINNING YOGA Gerry
8:30	am			1	HARD CORE (30 M) Lara			1	HARD CORE (30 M) Lara		
9:00	am			2	SENIOR STRETCH (45min) Leah	2	SENIOR STRETCH (45min) Leah	2	SENIOR STRETCH (45min) Leah		
		3	CYCLING Melissa	3	CYCLING Kate	3	CYCLING Sherry	3	CYCLING Kate	3	CYCLING Melissa
9:15	am	1	STRENGTH TRAIN TOGETHER Lara	G Y M	ZUMBA Steph	1	HIIT IT! (Abby) Malory			1	STRENGTH TRAIN TOGETHER Sharon
		4	YOGA Jessica	4	YOGA/PILATES Sharon	4	YOGA HIIT Lara Class ends 9/16	4	YOGA/PILATES Sharon	4	BUTI YOGA Lara
				1	ROCK BOTTOM Melissa	4	BUTI YOGA Lara Class begins 9/23	G Y M	FIT HAPPENS Melissa		
								C O N F	STORY TIME & CRAFT* (3-5 years) \$3		
10:30	am	Z O O M	FOREVER FIT Suzanne			Z O O M	FOREVER FIT Yvonne			Z O O M	FOREVER FIT Yvonne
										4	YOGA Courtney

**AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK**

All classes are 1 hour unless indicated otherwise.

## AFTERNOON & EVENING GROUP EXERCISE CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
3:00	pm	F C	OPTIMAL WEIGHT TRAINING (10+) Malory Begins 9/14			F C	OPTIMAL WEIGHT TRAINING (10+) Malory Begins 9/9				
3:30	pm	2	Adaptive PE**			2	Adaptive PE**				
4:00	pm	1	RIPPED 4 KIDS JR (5-7) Malory Begins 9/14	1	RIPPED KIDS (8-11) Malory Begins 9/8	1	RIPPED KIDS JR (5-7) Malory Begins 9/9	1	RIPPED KIDS (8-11) Malory Begins 9/10		
5:30	pm	1	STRENGTH TRAIN TOGETHER Melissa	1	HIIT IT! (Abby) Malory	G Y M	TABATA Melissa "Lissy"	1	HIIT IT! (Abby) Malory	1	STRENGTH TRAIN TOGETHER DJ
		2	ZUMBA Steph			2	ZUMBA Steph	2	ZUMBA Trenee		
		3	CYCLING Sherry	3	CYCLING Tamy	3	CYCLING John	3	CYCLING Carrie		
		4	POWER YOGA DJ (75M)			4	POWER YOGA DJ (75M)				
6:30	pm	1	SHASTA SHARKS LAND PRACTICE			1	SHASTA SHARKS LAND PRACTICE				

## SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO		S	SATURDAY	CLASS AND INSTRUCTOR
8:00	am	3	Every	CYCLING: 1-Tamy, 2 & 3-Kate, 4-Carrie, 5-Tamy
9:15	am	1	Every	HIIT: 1- Malory, 2-Malory (Abby) 3-Malory 4-& 5-Lara
		2	Every	ZUMBA: 1-Trenee, 2- Stephanie, 3- Joenelle, 4-(Yvonne) Joenelle, 5-Sherri

\*Indicates paid program \*\*Phoenix Charter Academy Program

Zoom classes do not require registration.