



# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: April 1, 2018

YOUTH CLASSES

NEW or CHANGES

COMING SOON!

S = STUDIO #	S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY	
5:15	am	3		3		3		4		3	
			CYCLING (45M) w/ Silas		CYCLING (45M) Becky		CYCLING (45M) w/ Silas		YOGA w/ Stuart		CYCLING (45M) Becky
5:30	am	1		1		1		1		1	
			BOXING w/ Dave		HIFT INTERVALS w/ Dale		BOXING w/ Dave		HIFT INTERVALS w/ Dale		HOUR OF POWER w/ Suzanne begins 4/13
5:30	am										
6:00	am			4							
					YOGA w/ Becky						
8:00	am	4		4		4		4		4	
			YOGA w/ Gerry		PILATES w/ Megan		YOGA w/ Gerry		PILATES w/ Megan		BEGINNING YOGA w/ Gerry
		1		1		FC		1		1	
			TABATA w/ Megan				WOMEN'S LIFTING (45M) w/ Megan		PIYO w/ Stephanie		TABATA w/ Megan
9:00	am	3		3		3		3		3	
			CYCLING w/ Melissa		CYCLING w/ April		CYCLING w/ Monica		CYCLING w/ DJ		CYCLING w/ Melissa
		1		1		1		1		1	
			PUMP w/ Yvonne		ROCK BOTTOM w/ Melissa		HIIT IT! w/ Abby		FIT HAPPENS w/ Melissa		PUMP w/ Megan
		2		2		2		2		4	
	ZUMBA GOLD w/ Haley & Andreanna		SENIOR STRETCH w/ Leah		SENIOR STRETCH w/ Leah		SENIOR STRETCH w/ Leah		RADIANT BREATHWORK w/ Shakti (45M)		
		G		G		G		G		2	
			ZUMBA w/ Megan & Steph		ZUMBA w/ Michelle & Yvonne		ZUMBA w/ Megan & Steph		YOUNG AT HEART w/ Charlotte		
		4		B		4		B			
			MUSIC & ME (1 - 5 yrs)		LIL CHEFS \$2.25 (3 - 5 yrs)		MUSIC & ME (1 - 5 yrs)		READ TO ME BOOK CLUB Begins 4/19		
9:15	am			4				4			
					PILATES/YOGA w/ Sharon			PILATES/YOGA w/ Sharon			
10:00	am			1		2		1		4	
					PRESCHOOL GYMNASTICS (45M) @ 10:15 (3-5 yrs) \$20			PARENT & ME GYMNASTICS (45M) @ 10:15 (1-4 yrs) \$20		YOGA w/ Courtney	
10:30	am	4				4					
			YOGA w/ Kelly				YOGA w/ Stuart				
		1				1			1		
			SENIOR FITNESS w/ Charlotte			SENIOR FITNESS w/ Charlotte				SENIOR FITNESS w/ Yvonne	
12:00	pm	1		4		1		4			
			HARD WORK CONDITIONING w/ Sherry		YOGA/PILATES EXPRESS (45M) w/ Leah		TOTAL BODY WORKS w/ Lara		YOGA/PILATES EXPRESS (45M) w/ Laura		
				3				3			
					CYCLING (30M) w/ Sherry			CYCLING (30M) w/ Tamy			
12:30	pm			1				1			
					PUMP (30M) w/ Sherry			PUMP (30M) w/ Kate			

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
<b>3:00</b>	<b>pm</b>	1	GYMNASTICS/DANCE 45M (Girls, 5 - 8 yrs) \$20								
		W C	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale	W C	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale			W C	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale		
		B	KIDS COOKING \$2.25 (5 - 12 yrs)	2	HOME SCHOOL PE			2	HOME SCHOOL PE		
		2	ADAPTIVE PE @ 3:30								
<b>4:00</b>	<b>pm</b>	1	KIDFIT (45M) (5-10 yrs) w/ Dale			4	GENTLE YOGA w/ Stuart	1	KIDFIT (45M) (5-10 yrs) w/ Dale	1	FAMILY KICKBOXING w/ Dale
				1	GYMNASTICS (45M) ( 4 - 8 yrs) \$20						
<b>4:30</b>	<b>pm</b>	3	CYCLING (45M) w/ Sherry	4	PRENATAL YOGA @ 4:15 w/Leah	3	CYCLING (45M) w/ Kate	4	PRENATAL YOGA @ 4:15 w/Leah	3	CYCLING Rotating Instructors
										4	ADVANCED YOGA w/Anne
<b>5:30</b>	<b>pm</b>	3	CYCLING w/ Sherry	3	CYCLING w/ Mo	3	CYCLING w/ Tamy	3	CYCLING w/ April		
		1	INSANITY/PIYO w/ Stephanie	1	HIIT IT! w/ Abby	1	TABATA w/ Megan	1	PUMP w/ Yvonne	1	HIFT INTERVALS w/ Dale
		4	POWER YOGA w/ DJ (75min)	4	YOGA w/ Stuart		POWER YOGA PLUS w/ DJ (75min)	4	YOGA w/ Kelly		
		2	ZUMBA w/ Steph	2	ZUMBA w/ Steph & Trenne	2	ZUMBA w/ Steph & Trenne				
<b>6:30</b>	<b>pm</b>			1	YOUTH KARATE (6-12 yrs) \$25			1	YOUTH KARATE (6-12 yrs) \$25		
<b>7:30</b>	<b>pm</b>			1	TEEN/ADULT KARATE \$30			1	TEEN/ADULT KARATE \$30		

## SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO #		S	SATURDAY OFFERED	CLASS AND INSTRUCTOR
<b>8:15</b>	<b>am</b>	3	Every	CYCLING: 1-Tamy, 2-Tamy, 3-Kate, 4-Karen and 5-Tamy
<b>9:00</b>	<b>am</b>	2	Every	ZUMBA: 1-Joennelle, 2- Stephanie, 3-Joennelle, 4-Yvonne, 5-Sherri
		1	1st	INSANITY/PIYO w/ Stephanie
		1	2nd	HIIT w/ Abby
		1	3rd	HIFT w/ Dale
		1	4th	TOTAL BODY WORKS w/ Lara
<b>8:30</b>	<b>am</b>	4	2nd, 4th & 5th	PRENATAL YOGA w/ Leah M
<b>10:30</b>	<b>am</b>	1	1st & 3rd	PILATES/YOGA (90M) w/ Kristy
		1	2nd, 4th & 5th	YOGA w/ Whitney

