

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: September 10 , 2018

YOUTH CLASSES

NEW or CHANGES

COMING SOON!

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
5:15	am	3	CYCLING (45M) w/ Silas	3	CYCLING (45M) Becky	3	CYCLING (45M) w/ Silas	4	YOGA w/ Stuart	3	CYCLING (45M) Becky
5:30	am			1	HIFT INTERVALS w/ Dale			1	HIFT INTERVALS w/ Dale		
6:00	am			4	YOGA w/ Becky						
8:00	am	4	YOGA w/ Gerry	4	PILATES w/ Megan	4	YOGA w/ Gerry	4	PILATES w/ Megan	4	BEGINNING YOGA w/ Gerry
		1	TABATA w/ Megan	1	CARDIO STRENGTH FUSION w/Lara	FC	WOMEN'S LIFTING (45M) w/ Megan	1	PIYO w/ Stephanie	1	TABATA w/ Megan
9:00	am	3	CYCLING w/ Melissa	3	CYCLING w/ April	3	CYCLING w/ Jill	3	CYCLING w/ DJ	3	CYCLING w/ Melissa
		1	PUMP w/ Yvonne	1	ROCK BOTTOM w/ Melissa	1	HIIT IT! w/ Abby	1	FIT HAPPENS w/ Melissa	1	PUMP w/ Sharon
		2	ZUMBA GOLD w/ Haley & Andreanna	2	SENIOR STRETCH w/ Leah	2	SENIOR STRETCH w/ Leah	2	SENIOR STRETCH w/ Leah	2	YOUNG AT HEART w/ Yvonne
				G	ZUMBA w/ Megan & Steph	G	ZUMBA w/ Michelle & Yvonne	G	ZUMBA w/ Megan & Steph	4	BUTI YOGA w/ Katie
		4	MUSIC & ME (1 - 5 yrs)	B	LIL CHEFS* (3 - 5 yrs) \$2.25	4	MUSIC & ME (1 - 5 yrs)	B	RAISING A READER* (3 - 5 yrs) \$2.25 Begins 9/13		
9:15	am			4	PILATES/YOGA w/ Sharon			4	PILATES/YOGA w/ Sharon		
10:00	am							1	PARENT & ME GYMNASTICS* 10:15 (45M) (1-4 yrs) DROP IN ONLY \$5	4	YOGA w/ Courtney
								WC	TRAINER ON THE FLOOR w/ Dale		
10:30	am	4	YOGA w/ Lara	4	PRENATAL YOGA w/ Melissa	4	YOGA w/ Stuart	4	PRENATAL YOGA w/ Melissa		
		1	SENIOR FITNESS w/ Suzanne	1	PRESCHOOL* GYMNASTICS (45M) (3-5 yrs) \$20	1	SENIOR FITNESS w/ Yvonne			1	SENIOR FITNESS w/ Yvonne
11:00	am	2	ENHANCE FITNESS*			2	ENHANCE FITNESS*			2	ENHANCE FITNESS*
12:00	pm	1	TRX BODY SCULPT w/ Laura	4	YOGA/PILATES EXPRESS (45M) w /Leah	1	HI/LO HITT (30M) w/ Lara	4	YOGA/PILATES EXPRESS (45M) w/ Laura		
				3	CYCLING (30M) w/ Sherry			3	CYCLING (30M) w/ Kate		
12:30	pm			1	PUMP (30M) w/ Sherry			1	PUMP (30M) w/ Kate		

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

All classes are 1 hour unless indicated otherwise. *Indicates paid program

