

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: August 9, 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	BOXING w/ Dave	1	HIFT INTERVALS w/ Dale	1	BOXING w/ Dave	1	HIFT INTERVALS w/ Dale	1	HOOR OF POWER w/ Suzanne
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	MUSIC & ME (1 - 5 yrs) resumes September	B	LIL CHEFS \$2 (3 - 5 yrs) resumes September	4	MUSIC & ME (1 - 5 yrs) resumes September	B	STEAM (3 - 5 yrs) resumes September		
9:15	am			4	PILATES/YOGA w/ Sharon			4	PILATES/YOGA w/ Sharon		
10:00	am			1	PRESCHOOL GYMNASTICS resumes September			1	PARENT & ME GYMNASTICS resume September	4	YOGA w/ Courtney
10:30	am	4	YOGA w/ Lara	4		4	YOGA w/ Stuart				
		1	SENIOR FITNESS w/Suzanne			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

AFTERNOON & EVENING GROUP EXERCISE CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
3:00	pm	1	GYMNASTICS / DANCE resumes September								
		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		
			KIDS COOKING \$2.25 (5- 12 yrs) resumes September		HOME SCHOOL PE resumes September				HOME SCHOOL PE resumes September		
4:00	pm	1	KIDFIT (5-10 yrs) w/ Dale					1	KIDFIT (5-10 yrs) w/ Dale	1	FAMILY KICKBOXING w/ Dale
				1	GYMNASTICS resume September	4	GENTLE YOGA w/ Stuart				
				W C	TRAINER ON THE FLOOR			W C	TRAINER ON THE FLOOR		
4:30	pm	3	CYCLING (45M) w/ Sherry			3	CYCLING (45M) w/ Kate			3	CYCLING Rotating Instructors
5:30	pm	3	CYCLING w/ Sherry	3	CYCLING w/ Tamy/Kate	3	CYCLING w/ Tamy	3	CYCLING w/ April		
		1	INSANITY/PIYO w/ Stephanie	1	HIIT IT! w/ Abby	1	TABATA w/ Megan	1	HIIT IT! w/ Abby	1	HIFT INTERVALS w/ Dale
		4	POWER YOGA w/ DJ (75min)	4	YOGA w/ Stuart	4	POWER YOGA PLUS w/ DJ (75min)	4	YOGA w/ Kelly		
		2	ZUMBA w/ Steph	2	ZUMBA w/ Yvonne	2	ZUMBA w/ Steph	2	ZUMBA w/ Steph & Sherri		
6:00	pm			C	FAMILY CHESS CLUB Open Play Free						
6:30	pm			1	YOUTH KARATE (6-12 yrs) \$25			1	YOUTH KARATE (6-12 yrs) \$25		
7:30	pm			1	TEEN/ADULT KARATE \$30			1	TEEN/ADULT KARATE \$30		

SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO #		S	SATURDAY	CLASS AND INSTRUCTOR
8:15	am	3	Every	CYCLING: 1-Tamy, 2-Tamy, 3-Kate, 4-Karen and 5-Tamy
9:00	am	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	CARDIO STRENGTH FUSION w/ Lara
		4	1st & 3rd	PILATES/YOGA (90M) w/ Kristy
10:30	am	4	2nd, 4th & 5th	YOGA: 2 - Abby, 4 & 5 - Sharon

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