

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: June 13, 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	HOUR OF POWER w/ Suzanne
		G BEGINNER BOOTCAMP* (18+yrs) w/Lara			G	BEGINNER BOOTCAMP* (18+yrs) w/Lara			G	BEGINNER BOOTCAMP* (18+yrs) w/Lara
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	TOTAL BODY WORKS w/Lara	FC	WOMEN'S LIFTING (45M) w/ Megan	1	PIYO w/ Stephanie	1	TABATA w/ Megan
		2 SUMMER SCULPT* (13+ yrs) w/Melissa			2	SUMMER SCULPT* (13+ yrs) w/Melissa				
9:00	am	3 CYCLING w/ Melissa	3	CYCLING w/ April	3	CYCLING w/ Jim	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/ Megan
		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)	YC	LIL CHEFS \$2.25 (3 - 5 yrs)	4	MUSIC & ME (1 - 5 yrs)	YC	STEAM \$2.25 (4 - 8 yrs)	4	KIDS YOGA (6-10 yrs)(45M) w/Kristy June only
9:15	am		4	PILATES/YOGA w/ Sharon			4	PILATES/YOGA w/ Sharon		
10:00	am		1	PRESCHOOL GYMNASTICS (45M) @ 10:15 (3-5 yrs) \$20	2	FUN & FIT (6-12 yrs) w/ Abby	1	PARENT & ME GYMNASTICS (45M) @ 10:15 (1-4 yrs) Drop In Only \$5	4	YOGA w/ Courtney
10:30	am	4 YOGA w/ Lara		PRENATAL YOGA w/Leah	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* Begins 6/4			2	ENHANCE FITNESS* Begins 6/4	4	ZUMBA (6-10 yrs) w/Joelle	2	ENHANCE FITNESS* Begins 6/4
12:00	pm	1 HARD WORK CONDITIONING w/ Sherry	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/ Tamy		
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 45M (Girls, 5 - 8 yrs) \$20								
		WC	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale	WC	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale	1	SPORTS AGILITY CLINIC* (6th-12th grades) w/Dale	WC	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale	1	SPORTS AGILITY CLINIC* (6th-12th grades) w/Dale
		B	KIDS COOKING \$2.25 (5 - 12 yrs)								
4:00	pm	1	KIDFIT (45M) (5-10 yrs) w/ Dale	2	FUN & FIT (6 - 12 yrs) w/ Abby	1	KIDFIT (45M) (5-10 yrs) w/ Dale	1	KIDFIT (45M) (5-10 yrs) w/ Dale	1	FAMILY KICKBOXING w/ Dale
				1	GYMNASTICS (45M) (4 - 8 yrs) \$20	4	GENTLE YOGA w/ Stuart				
4:30	pm	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
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	PUMP w/ Yvonne	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 & Trenne	2	ZUMBA w/ Steph & Sherri		
6:00	pm			C	CHESS CLUB w/ Dave (open play)						
6:30	pm			1	YOUTH KARATE (6-12 yrs) \$25	2/4	PRENATAL YOGA w/ Leah (start in Studio 2)	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	TOTAL BODY WORKS w/ Lara
		8:30	am	4
10:30	am	4	1st & 3rd	PILATES/YOGA (90M) w/ Kristy
		4	2nd, 4th & 5th	YOGA: 2 - Abby, 4 & 5 - Sharon

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