



SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: November 20, 2017

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		
5:30	am										
6:00	am			4	YOGA w/ Becky						
8:00	am	FC	TRAINER ON THE FLOOR @8am							FC	TRAINER ON THE FLOOR @7am
		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/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/ Kate	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	SENIOR STRETCH w/ Leah	2	SENIOR STRETCH w/ Leah	2	SENIOR STRETCH w/ Leah	4	RADIANT BREATHWORK w/ Shakti (45M)
		G	ZUMBA GOLD w/ Haley & Andreanna	G	ZUMBA w/ Megan & Steph	G	ZUMBA w/ Michelle & Yvonne	G	ZUMBA w/ Megan & Steph	2	YOUNG AT HEART w/ Charlotte
		4	MUSIC & ME (1 - 5 yrs)	B	LIL CHEFS \$2 (3 - 5 yrs)	4	MUSIC & ME (1 - 5 yrs)	B	CREATIVE EXPERIENCES \$2 (2.5 - 5 yrs)		
9:15	am			4	PILATES/YOGA w/ Sharon			4	PILATES/YOGA w/ Sharon		
10:00	am				PRESCHOOL GYMNASTICS 45M @ 10:15 (3-5 yrs) \$15	2		1	PARENT & ME GYMNASTICS 45M @ 10:15 (1-4 yrs) \$15	4	YOGA w/ Courtney
10:30	am	4	YOGA w/ Kelly	1		4	YOGA w/ Stuart				
		1	SENIOR FITNESS w/ Charlotte			1	SENIOR FITNESS w/ Charlotte			1	SENIOR FITNESS w/ Yvonne
12:00	pm	1	HARD WORK CONDITIONING w/ Sherry	4	YOGA/PILATES EXPRESS (45M) w/Leah			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.

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) \$15								
		W C	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale	W C	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale	1		W C	OPTIMAL WEIGHT TRAINING (10+ yrs) w/ Dale		
		B	KIDS COOKING \$2 (5 - 12 yrs)	2	HOME SCHOOL PE	2		2	HOME SCHOOL PE		
		2	ADAPTIVE PE @ 3:30								
4:00	pm	1	KIDFIT (45M) (5-10 yrs) w/ Dale	FC	TRAINER ON THE FLOOR	4	GENTLE YOGA w/ Stuart	1	KIDFIT (45M) (5-10 yrs) w/ Dale	1	FAMILY KICKBOXING w/ Dale
		4	YOGA/CORE w/ Whitney	1	GYMNASTICS (45M) (4 - 8 yrs) \$15			FC	TRAINER ON THE FLOOR @4:30pm		
4:30	pm	3	CYCLING (45M) w/ Sherry	4	PRENATAL YOGA @ 4:15 w/Leah	3	CYCLING (45M) w/ Monica	4	PRENATAL YOGA @ 4:15 w/Leah	3	CYCLING Rotating Instructors
5:30	pm	3	CYCLING w/ Sherry	3	CYCLING w/ Mo	3	CYCLING w/ Tamy	3	CYCLING w/ April		
		1	INSANITY/PIYO w/ Stephanie	1	TRIPPLE T w/ Chao	1	TABATA w/ Megan	1	PUMP w/ Yvonne	1	HIFT INTERVALS w/ Dale
		4	POWER YOGA w/ DJ (75min)	4	YOGA w/ Stuart	4	ADVANCED YOGA w/ Whitney	4	YOGA w/ Kelly		
		2	ZUMBA w/ Steph	2	ZUMBA w/ Steph & Trenne	2	ZUMBA w/ Steph & Trenne				
6:30	pm			FC	TRAINER ON THE FLOOR						
				1	YOUTH KARATE (6-12 yrs) \$20			1	YOUTH KARATE (6-12 yrs) \$20		
7:30	pm			1	TEEN/ADULT KARATE \$25			1	TEEN/ADULT KARATE \$25		

SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO #		S	SATURDAY OFFERED	CLASS AND INSTRUCTOR
8:15	am	3	Every	CYCLING: 1-Tamy, 2-Becky, 3-Kate, 4-Karen and 5-Tamy
9:00	am	2	2nd, 4th & 5th	ZUMBA: 1-Joennelle, 2- Stephanie, 3-Joennelle, 4-Yvonne, 5-Megan
		1	1st	INSANITY/PIYO w/ Stephanie
		1	2nd	HIIT w/ Abby
		1	3rd	HIFT w/ Dale
		1	4th	TABATA w/ Megan
8:30	am	4	2nd, 4th & 5th	PRENATAL YOGA w/ Leah M
10:30	am	1	1st & 3rd	PILATES/YOGA (90M) w/ Kristy
		1	2nd, 4th & 5th	YOGA w/ Whitney
11:30	am	1	2nd, 4th & 5th	GUIDED MEDITATION w /Shakti

