



SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: September 11, 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	3 CYCLING (45M) Becky	3	3 CYCLING (45M) w/ Silas	3		3	3 CYCLING (45M) Becky
							4	4 YOGA w/ Stuart		
5:30	am	1 BOXING w/ Dave	1	1 HIFT INTERVALS w/ Dale	1	1 BOXING w/ Dave	1	1 HIFT INTERVALS w/ Dale		
5:30	am	2 BEGINNER BOOTCAMP w/Dale *paid class			2	2 BEGINNER BOOTCAMP w/Dale *paid class				
6:00	am		4	4 YOGA w/ Becky					1	1 PUMP w/ Becky
8:00		FC TRAINER ON THE FLOOR @8am							FC	FC TRAINER ON THE FLOOR @7am
	am	4 YOGA w/ Gerry	4	4 PILATES w/ Megan	4	4 YOGA w/ Gerry	4	4 PILATES w/ Megan	4	4 BEGINNING YOGA w/ Gerry
		1 TABATA w/ Megan			1/FC	1/FC WOMEN'S LIFTING (45M) w/ Megan	1	1 PIYO w/ Stephanie	1	1 TABATA w/ Megan
9:00	am	3 CYCLING w/ Melissa	3	3 CYCLING w/ April	3	3 CYCLING w/ Kate	3	3 CYCLING w/ DJ	3	3 CYCLING w/ Melissa
		1 PUMP w/ Yvonne	1	1 ROCK BOTTOM w/ Melissa	1	1 BELLS & BALLS w/ Megan	1	1 FIT HAPPENS w/ Melissa	1	1 PUMP w/ Megan
			2	2 SENIOR STRETCH w/ Leah	2	2 SENIOR STRETCH w/ Leah	2	2 SENIOR STRETCH w/ Leah		
		G ZUMBA GOLD w/ Haley & Andreanna	G	G ZUMBA w/ Megan & Steph	G	G ZUMBA w/ Michelle & Yvonne	G	G ZUMBA w/ Megan & Steph	2	2 YOUNG AT HEART w/ Charlotte
		4 MUSIC & ME (1 - 5 yrs)	B	4 LIL CHEFS \$2 (3 - 5 yrs)	4	4 MUSIC & ME (1 - 5 yrs)	B	4 CREATIVE EXPERIENCES \$2 (2.5 - 5 yrs)		
9:15	am		4	4 PILATES/YOGA w/ Sharon			4	4 PILATES/YOGA w/ Sharon		
10:00	am				2			4 PARENT & ME GYMNASTICS 45M @ 10:15 (1-4 yrs) \$15	4	4 YOGA w/ Courtney
10:30	am	4 YOGA w/ Sarah	1		4	4 YOGA w/ Sarah				
		1 SENIOR FITNESS w/ Charlotte			1	1 SENIOR FITNESS w/ Charlotte			1	1 SENIOR FITNESS w/ Yvonne
12:00	pm	1 HARD WORK CONDITIONING w/ Sherry	4	4 YOGA/PILATES EXPRESS (45M) w/Audrey	1	1 BODY SHOP (45M) w/Audrey	4	4 YOGA/PILATES EXPRESS (45M) w/Audrey		
			3	3 CYCLING (30M) w/ Sherry			3	3 CYCLING (30M) w/ Kate		
12:30	pm		1	1 PUMP (30M) w/ Sherry			1	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	ADAPTIVE PE @ 3:30	2	HOME SCHOOL PE				2	HOME SCHOOL PE	
4:00	pm	1	KIDFIT (45M) (5-10 yrs) w/ Dale	FC	TRAINER ON THE FLOOR		BEGINNING YOGA w/ Stuart	1	KIDFIT (45M) (5-10 yrs) w/ Dale	1	FAMILY KICKBOXING w/ Dale
		4	YOGA/CORE w/ Whitney		GYMNASTICS (45M) (4 - 8 yrs) \$15						
4:30	pm	3	CYCLING (45M) w/ Sherry	4	PRENATAL YOGA @ 4:15pm w/Jillian	3	CYCLING (45M) w/ Monica	4	PRENATAL YOGA @ 4:15pm w/Jillian		
5:30	pm	3	CYCLING w/ Sherry	3	CYCLING w/ Mo	3	CYCLING w/ Tamy	3	CYCLING w/ April	3	CYCLING Rotating Instructors
		1	INSANITY/PIYO w/ Stephanie	1	TRIPPLE T w/ Chao on 9/11	1	TABATA w/ Megan	1	PUMP w/ Yvonne	1	HIIT 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	FC	TRAINER ON THE FLOOR		
				FC	TRAINER ON THE FLOOR @ 6:30						
6:30	pm			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: 2- Stephanie, 4-Yvonne, 5-Megan
		1	1st	INSANITY/PIYO w/ Stephanie
		1	2nd	HIIT w/ Abby
		1	3rd	HIIT w/ Dale
		1	4th	TABATA w/ Megan
9:15	am	4	2nd, 4th & 5th	PRENATAL YOGA w/ Jillian
10:30	am	1	1st & 3rd	PILATES/YOGA (90M) w/ Kristy
		1	2nd, 4th & 5th	YOGA w/ Jillian
11:30	am	1	2nd, 4th & 5th	GUIDED MEDITATION w /Jillian

