

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: January 18 , 2019

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	3	CYCLING (45M) Coming Soon!	3	CYCLING (45M) Becky
				4	YOGA FLOW Laura; begins 1/22			4	YOGA w/ Stuart		
				2	RESOLUTION SOLUTION*			2	RESOLUTION SOLUTION*		
5:30	am			1	HIFT INTERVALS Dale			1	HIFT INTERVALS Dale		
6:00	am			4	YOGA Becky						
8:00	am	4	YOGA Gerry	4	PILATES Megan	4	YOGA Gerry	4	PILATES Megan	4	BEGINNING YOGA Gerry
		1	TABATA Megan	1	CARDIO FUSION Lara	FC	WOMEN'S LIFTING (45M) Megan	1	PIYO Stephanie	1	TABATA Megan
9:00	am	3	CYCLING Melissa	3	CYCLING April	3	CYCLING Jill	3	CYCLING DJ	3	CYCLING Melissa
		1	PUMP Yvonne	1	ROCK BOTTOM Melissa	1	HIIT IT! Abby	1	FIT HAPPENS Melissa	1	PUMP Sharon
		2	ZUMBA GOLD Haley & Andreanna	2	SENIOR STRETCH Leah	2	SENIOR STRETCH Leah	2	SENIOR STRETCH Leah	2	YOUNG AT HEART Yvonne
		W C	WELLNESS CENTER ORIENTATION	G	ZUMBA Steph	G	ZUMBA Michelle & Yvonne	G	ZUMBA Yvonne	4	BUTI YOGA Katie
		4	MUSIC & ME (1 - 5 yrs)	B	LIL CHEFS* (3 - 5 yrs) \$3	4	MUSIC & ME (1 - 5 yrs)	B	RAISING A READER* (3-5 yrs) \$3 begins 1/17		
9:15	am			4	PILATES/YOGA Sharon			4	PILATES/YOGA Sharon		
10:00	am							1	GYMNASTICS* 10:15 (45M) (1-5yrs) \$5	4	YOGA Courtney
								W C	WELLNESS CENTER ORIENTATION		
10:30	am	4	YOGA Lara	4	PRENATAL YOGA Melissa	4	YOGA Stuart	4	PRENATAL YOGA Melissa		
		1	SENIOR FITNESS Suzanne	1		1	SENIOR FITNESS Yvonne			1	SENIOR FITNESS Yvonne
11:00	am	2	ENHANCE FITNESS*			2	ENHANCE FITNESS*			2	ENHANCE FITNESS*
12:00	pm	1	TRX BODY SCULPT Laura	4	YOGA/PILATES EXPRESS (45M) Leah	1	TRX BODY SCULPT Lara	4	YOGA/PILATES EXPRESS (45M) Laura		
				3	CYCLING (45M) Sherry			3	CYCLING (45M) Jim		

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

AFTERNOON & EVENING GROUP EXERCISE CLASSES

S = STUDIO #	S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY	
3:00	pm	1									
		W C	GYMNASTICS / DANCE* (45M) (5-8 yrs) \$25	W C	OPTIMAL WEIGHT TRAINING (10+ yrs)		W C	OPTIMAL WEIGHT TRAINING (10+ yrs)			
		B	KIDS COOKING* (5-12 yrs) \$3	2	HOME SCHOOL PE Abby		2	HOME SCHOOL PE Abby			
3:30	pm				ADAPTIVE PE**						
4:00	pm	1									
			KIDFIT (5-10 yrs) Dale				1	KIDFIT (5-10 yrs) Dale	1	FAMILY KICKBOXING Dale	
			1	GYMNASTICS (45M) (4-8 yrs) \$25	4	GENTLE YOGA Stuart	W C	WELLNESS CENTER ORIENTATION			
4:30	pm	3									
			CYCLING (45M) Sherry	4	BUTI YOGA Katie	3	CYCLING (45M) Kate	4	BUTI YOGA Katie	3	CYCLING Rotating Instructors
		4	PRENATAL YOGA Melissa	2	RESOLUTION SOLUTION*		2	RESOLUTION SOLUTION*			
5:30	pm	3									
			CYCLING Sherry	3	CYCLING Tamy/Kate	3	CYCLING Tamy	3	CYCLING April		
		4	POWER YOGA DJ (75min)	1	HIIT IT! Abby	1	TABATA Megan	1	HIIT IT! Abby		
		2	ZUMBA Steph	4	YOGA Stuart	4	POWER YOGA DJ (75min)	4	YOGA Kelly		
			2	ZUMBA Trenee	2	ZUMBA Steph & Trenee	2	ZUMBA Steph & Sherri			
6:00	pm		C	CHESS CLUB Open Play/Free							
6:30	pm		1	YOUTH KARATE (6-12 yrs) \$30			1	YOUTH KARATE (6-12 yrs) \$30			
7:30	pm		1	TEEN/ADULT KARATE \$35			1	TEEN/ADULT KARATE \$35			

SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO #	S	SATURDAY	CLASS AND INSTRUCTOR
8:00	am	1	1/14-1/24 RESOLUTION SOLUTION*
8:15	am	3	Every CYCLING: 1-Tamy, 2-Tamy, 3-Kate, 4-Karen and 5-Tamy
9:00	am	2	Every ZUMBA: 1-Joenelle, 2- Stephanie, 3-Joenelle, 4-Yvonne, 5-Sherri
9:00	am	1	1st INSANITY/PIYO: Stephanie
			2nd HIIT: Abby
			3rd HIFT: Dale
			4th/5th CARDIO FUSION: Lara
9:00	am	4	1st/3rd/5th BUTI YOGA: Katie
			2nd/4th PRENATAL YOGA: Melissa Free, open to all
10:30	am	4	1st & 3rd YOGA (90M): Kristy
			2nd, 4th & 5th YOGA: 2-Abby, 4 & 5-Sharon

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

**In conjunction with Phoenix Charter Academy