

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: October 11, 2021

NEW or CHANGES

KIDS' CLASSES

ZOOM & IN STUDIO CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
5:15	am	1	GROUP POWER DJ	1	PRIVATE CLASS	1	GROUP POWER Sharon/Becky	1	PRIVATE CLASS	1	GROUP POWER Lara
		3	CYCLING (45M) Silas			3	CYCLING (45M) Silas			3	CYCLING (45M) DJ
5:30	am			S O U T H	HIIT Malory			S O U T H	HIIT Malory		
6:00	am			4	YOGA (45M) Becky	4	PRENATAL YOGA Melissa	4	YOGA (45M) Kelly		
8:00	am	4	YOGA Gerry	S O U T H	GENTLE YOGA (45M) Leah	4	YOGA Gerry	S O U T H	GENTLE YOGA (45M) Leah	4	YOGA Gerry
		S O U T H	WEIGHT TRAINING INTERVALS Megan			1	HEAVY LIFTING Megan			S O U T H	WEIGHT TRAINING INTERVALS Megan
9:00	am	3	CYCLING Melissa	3	CYCLING Kate	3	CYCLING Holly/Misty	3	CYCLING Kate	3	CYCLING Melissa
				S O U T H	SENIOR STRETCH (45M) Leah	S O U T H	SENIOR STRETCH (45M) Leah	S O U T H	SENIOR STRETCH (45M) Leah		
		2	ZUMBA Yvonne	C	STEAM* Emily (3-5 yrs) \$3	2	YOUNG AT HEART Yvonne	C	STORYTIME & CRAFT* Carol (3-5 yrs) \$3	2	ZUMBA Yvonne
9:15	am	4	BUTI YOGA Sharon	4	YOGA/PILATES Sharon	4	BUTI YOGA Lara	4	YOGA/PILATES Jessica	4	BUTI YOGA Lara
		1	GROUP POWER Lara	1	ROCK BOTTOM Melissa	1	HIIT Abby	1	FIT HAPPENS Melissa	1	GROUP POWER Sharon
10:30	am	S O U T H	YOGA Stuart			S O U T H	YOGA Stuart			S O U T H	YOGA Stuart
		1	FULL BODY STRENGTH (INTERMEDIATE) Suzanne			1	FULL BODY STRENGTH (INTERMEDIATE) Yvonne			1	FULL BODY STRENGTH (INTERMEDIATE) Yvonne
All classes are 1 hour unless indicated otherwise.											

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			2	Private Group Class CalVet (45 M)			2	Private Group Class CalVet (45M)		
3:30			ADAPTIVE PE**				ADAPTIVE PE**				
4:00	pm	1	KID FIT JR *** (5-7) Brittany	1	KID FIT *** (8-11) Brittany	1	KIDFIT JR *** (5-7) Brittany	1	KIDFIT *** (8-11) Brittany		
4:30	pm			4	BUTI YOGA Lara			4	BUTI YOGA Lara		
5:00	pm			3	CYCLING ORIENTATION (15M) Carrie (1st Tuesday of every month)						
5:30	pm	1	GROUP POWER Melissa	1	HIIT Abby	1	TABATA Melissa	1	HIIT 1,3,5-Abby 2&4- Brittany	1	GROUP POWER DJ
		2	ZUMBA Stephanie	2	ZUMBA Stephanie			2	ZUMBA Trenee/Stephanie		
				4	YOGA (INTERMEDIATE) Stuart	4	POWER YOGA DJ	4	YOGA (INTERMEDIATE) Stuart		
		3	CYCLING Sherry	3	CYCLING Carrie	3	CYCLING John	3	CYCLING Kelvin/Kylie		
6:30	pm		S O U T H	YOUTH KARATE* (5-12 yrs) \$50			S O U T H	YOUTH KARATE* (5-12 yrs) \$50			
7:30	pm		S O U T H	TEEN/ADULT KARATE* (13+ yrs) \$55			S O U T H	TEEN/ADULT KARATE* (13+ yrs) \$55			

SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO		S	SATURDAY	CLASS AND INSTRUCTOR
7:30	am	4	Every	YOGA: 1- Leah, 2-Kelly, 3- Sharon, 4-Kelly 5- Melissa
8:00	am	3	Every	CYCLING: 1- Rotating, 2- Tamy, 3- Kate, 4- Carrie, 5- Tamy
9:15	am	1	Every	HIIT: 1- Brittany, 2- Abby, 3- Brittany, 4 -Bonnie, 5- Brittany
		2	Every	ZUMBA: 1- Trenee, 2- Stephanie, 3- Joenelle, 4- Yvonne, 5- Sherri
		4	Every	YOGA: 1- Leah, 2-Lara, 3- Sharon, 4-Lara 5- Sharon

*Indicates paid program **Phoenix Charter Academy Program ***Indicates great Homeschool PE option

Zoom classes do not require registration.