

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: November 1, 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 Becky | 1 | PRIVATE CLASS | 1 | GROUP POWER Lara |
| | | 3 | CYCLING (45M) Silas | | | 3 | CYCLING (45M) Silas | | | 3 | CYCLING (45M) Becky |
| 5:30 | am | | | SOUTH | HIIT Malory | | | SOUTH | HIIT Malory | | |
| 6:00 | am | | | 4 | YOGA (45M) Becky | 4 | PRENATAL YOGA Melissa | 4 | YOGA (45M) Kelly | | |
| 8:00 | am | 4 | YOGA Gerry | SOUTH | GENTLE YOGA (45M) Leah | 4 | YOGA Gerry | SOUTH | GENTLE YOGA (45M) Leah | 4 | YOGA Gerry |
| | | SOUTH | WEIGHT TRAINING INTERVALS Megan | | | 1 | HEAVY LIFTING Megan | | | SOUTH | WEIGHT TRAINING INTERVALS Megan |
| 9:00 | am | 3 | CYCLING Melissa | 3 | CYCLING Kate | 3 | CYCLING Holly/Misty | 3 | CYCLING Kate | 3 | CYCLING Melissa |
| | | SOUTH | | SOUTH | SENIOR STRETCH (45M) Leah | SOUTH | SENIOR STRETCH (45M) Leah | SOUTH | 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 |
| | | | | | | C | DISCOVERY PLAYGROUP* Aimee (2-5yrs) \$3 | | | | |
| 9:15 | am | 4 | BUTI YOGA Sharon | 4 | YOGA/PILATES Sharon | 4 | BUTI YOGA Lara | 4 | YOGA/PILATES Sharon | 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 | SOUTH | YOGA Stuart | | | SOUTH | YOGA Stuart | | | SOUTH | YOGA Stuart |
| | | 1 | FULL BODY STRENGTH (INTERMEDIATE) Suzanne | | | 1 | FULL BODY STRENGTH (INTERMEDIATE) Yvonne | | | 1 | FULL BODY STRENGTH (INTERMEDIATE) Yvonne |

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 | | | 2 | Private Group Class CalVet (45 M) | | | 2 | | | |
| 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 Treneee/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- Becky, 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.