

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: January 1, 2022

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) Silas (Sub)	3	CYCLING (45M) Becky
5:30	am			S O U T H	HIIT Bonnie			S O U T H	HIIT Bonnie		
6:00	am			4	YOGA (45M) Becky			4	YOGA (45M) Kelly		
8:00	am	2	YOGA Gerry	S O U T H	GENTLE YOGA (45M) Leah	2	YOGA Gerry	S O U T H	GENTLE YOGA (45M) Leah	2	YOGA Gerry
		S O U T H	WEIGHT TRAINING INTERVALS Megan	2	BARRE Lauren Beginning Jan. 4	1	HEAVY LIFTING Megan			S O U T H	WEIGHT TRAINING INTERVALS Megan
9:00	am	3	CYCLING Melissa	3	CYCLING Kate	3	CYCLING Kylie	3	CYCLING Kate	3	CYCLING Melissa
		S O U T H		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			2	ZUMBA Yvonne			2	YOUNG AT HEART Yvonne	
			C	STEAM* Aimee (3-6 yrs) \$5	C	DISCOVERY PLAYGROUP* Aimee (3-5 yrs) \$5					
9:15	am	4	BUTI YOGA Sharon	2	YOGA/PILATES Sharon	4	BUTI YOGA Lara	2	PILATES Lauren	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

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)						
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	2	POUND Shannon Beginning Jan. 10	4	BUTI YOGA Lara	2	POUND Shannon Beginning Jan. 12	4	BUTI YOGA Lara		
						4	PRENATAL YOGA Melissa				
5:30	pm	1	GROUP POWER Sharon	1	HIIT Abby	1	TABATA Brandon	1	HIIT 1,3,5-Abby 2&4- Brittany	1	GROUP POWER DJ
		2	ZUMBA Stephanie	2	ZUMBA Stephanie	2	ZUMBA Trenee	2	ZUMBA Trenee/Stephanie		
				4	YOGA (INTERMEDIATE) Stuart	4	POWER YOGA DJ	4	YOGA (INTERMEDIATE) Stuart		
		3	CYCLING Sherry		CYCLING TEMPORARILY CANCELLED	3	CYCLING John/Carrie		CYCLING TEMPORARILY CANCELLED		

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- Kylie, 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.