

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: July 1, 2022

NEW or CHANGES

KIDS' CLASSES

ZOOM & IN STUDIO CLASSES

PRIVATE 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) DJ	3	CYCLING (45M) Silas	3	CYCLING (45M) Silas (Sub)	3	CYCLING (45M) Becky
	YS	STRENGTH FOUNDATIONS Abby (45MIN)			YS	STRENGTH FOUNDATIONS Abby (45MIN)					
5:30	am			YS	HIIT Bonnie			YS	HIIT Bonnie		
6:00	am			4	YOGA (45M) Becky			4	YOGA (45M) Kelly		
8:00	am	4	YOGA Gerry	YS	GENTLE YOGA (45M) Leah	4	YOGA Gerry	YS	GENTLE YOGA (45M) Leah	4	YOGA Gerry
		YS	WEIGHT TRAINING INTERVALS Megan	2	BARRE Lauren	1	HEAVY LIFTING Megan			YS	WEIGHT TRAINING INTERVALS Megan
				FC	EQUIPMENT ORIENTATION Anshul	YS	Sharks (30M)			1	Sharks
9:00	am	3	CYCLING Melissa	3	CYCLING Kate			3	CYCLING Kate	3	CYCLING Melissa
				YS	SENIOR STRETCH (45M) Leah	YS	SENIOR STRETCH (45M) Leah	YS	SENIOR STRETCH (45M) Leah		
		2	ZUMBA Yvonne			2	ZUMBA Yvonne			2	YOUNG AT HEART Yvonne
						C	DISCOVERY PLAYGROUP* Aimee (3-5 yrs) \$5	C	MUSIC & ME Aimee (0-5 yrs)		
9:15	am	4	BUTI YOGA Sharon	4	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
		YS	FUN & FIT Jeanette (6-10 yrs)							YS	FUN & FIT Jeanette (6-10 yrs)
10:00	am			YS	Sharks (30M)			YS	Sharks (30M)		
10:30	am	YS	YOGA Stuart	4	YOGA FOR STRESS Jessie	YS	YOGA Stuart	4	YOGA FOR STRESS Jessie	YS	YOGA Stuart
		1	FULL BODY STRENGTH Suzanne			1	FULL BODY STRENGTH Yvonne			1	FULL BODY STRENGTH Yvonne

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

All classes are 1 hour unless indicated otherwise.
 Youth 10-12yo can attend Adult classes with supervision. Youth 13+ welcome without supervision.

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)						
4:00	pm	FC	TEEN STRENGTH Anshul (13-17 yrs)			FC	TEEN STRENGTH Brandon (13-17 yrs)				
		1	Sharks			1	Sharks	1	Sharks		
4:30	pm	YS	POUND Shannon	YS	POUND JR. Shannon (6-12yrs)	YS	POUND Shannon				
				4	BUTI YOGA Lara	4	PRENATAL YOGA Melissa	4	BUTI YOGA Nikki		
5:30	pm	1	GROUP POWER Sharon/Becky	1	HIIT Abby	1	TABATA Brandon	1	HIIT Abby	1	GROUP POWER DJ
		2	ZUMBA Stephanie	2	ZUMBA Stephanie	2	ZUMBA Treneee	2	ZUMBA Treneee/Stephanie		
		4	YOGA FOR STRESS Jessie	4	YOGA (INTERMEDIATE) Stuart	4	POWER YOGA Sharon	4	YOGA (INTERMEDIATE) Stuart		
		3	CYCLING Sherry			3	CYCLING Carrie				
		YS	ZUMBA JR. Alex (6-12 yrs)	YS	YOUTH KARATE* (5-11 yrs) \$50	YS	ZUMBA JR. Alex (6-12 yrs)	YS	YOUTH KARATE* (5-11 yrs) \$50		
				YS	SUMMER YOUTH MENTORSHIP (75min)	FC	EQUIPMENT ORIENTATION Anshul	YS	SUMMER YOUTH MENTORSHIP (75min)		

SATURDAY GROUP EXERCISE SCHEDULE

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

YS = Y South Building FC = Fitness Center

*Indicates paid program

Zoom classes do not require registration.