

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: November 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) John	3	CYCLING (45M) Becky
	YS	STRENGTH FOUNDATIONS (45M) Abby			YS			STRENGTH FOUNDATIONS (45M) Abby			
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 Leah	4	YOGA Gerry	YS	GENTLE YOGA Leah	4	YOGA Gerry
		YS	WEIGHT TRAINING INTERVALS Megan			YS	HEAVY LIFTING Megan			YS	WEIGHT TRAINING INTERVALS Megan
				FC	EQUIPMENT ORIENTATION** Anshul						
8:30	am			2	BARRE Lauren	BR	SHARKS (30M)				
9:00	am	3	CYCLING Melissa	3	CYCLING Kate	D	DISCOVERY PLAYGROUP* (3-5 yrs) Aimee	3	CYCLING Kate	3	CYCLING Melissa
		2	ZUMBA Yvonne	1	ROCK BOTTOM Melissa	2	ZUMBA Yvonne	1	FIT HAPPENS Melissa	2	YOUNG AT HEART Yvonne
9:15	am			YS	SENIOR STRETCH (45M) Leah	YS	SENIOR STRETCH (45M) Leah	YS	SENIOR STRETCH (45M) Leah		
		4	GENTLE PILATES Hannah	4	YOGA/PILATES Sharon	4	BUTI YOGA Lara	2	PILATES Lauren	4	BUTI YOGA Lara
		1	GROUP POWER Lara			1	HIIT Abby			1	GROUP POWER Sharon
10:30	am			4	YOGA FOR STRESS Jessie	4	PRENATAL YOGA** Melissa	4	YOGA FOR STRESS Jessie		
		YS	YOGA Stuart	YS	LITTLE TUMBLERS 1-5 yrs (45M) Thomas	YS	YOGA Stuart	YS	MUSIC & ME 0-5 yrs (45M) Aimee	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 10-12 yrs 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					BR	SHARKS (30M)				
3:30	pm	FC	TRAINER ON THE FLOOR (2 HR)	FC	TRAINER ON THE FLOOR (2 HR)	FC	TRAINER ON THE FLOOR (2 HR)	FC	TRAINER ON THE FLOOR (2 HR)	FC	TRAINER ON THE FLOOR (2 HR)
		YS	ADAPTIVE PE			YS	ADAPTIVE PE				
4:00	pm			YS	LEADERS WITH RHYTHM 11-18 yrs Ben			YS	TEEN STRENGTH 13-17 yrs (45M) Brandon		
						BR	SHARKS (30M)			BR	SHARKS (30M)
4:30	pm	1	FUN & FIT 9-12 yrs (45M) Thomas					1	FUN & FIT 6-8 yrs (45M) Jeanette	4	PRENATAL YOGA** Melissa
		YS	POUND (50M) Shannon	4	BUTI YOGA Lara	YS	POUND (50M) Shannon	4	BUTI YOGA Nikki		
5:30	pm	1	GROUP POWER Becky	1	HIIT Abby	1	HIIT Brandon	1	HIIT Abby	1	GROUP POWER DJ
		2	ZUMBA Stephanie	2	ZUMBA Stephanie	2	ZUMBA Trenee	2	ZUMBA Stephanie	BR	SHARKS (45M)
		4	YOGA FOR STRESS Jessie	4	YOGA (INTERMEDIATE) Stuart	4	PILATES Hannah	4	YOGA (INTERMEDIATE) Stuart		
		3	CYCLING Sherry			3	CYCLING Carrie				
		YS	BEGINNER HIIT (45M) Liz	YS	YOUTH KARATE* 5-11 yrs \$50	YS	BEGINNER HIIT (45M) Liz	YS	YOUTH KARATE* 5-11 yrs \$50		
						BR	SHARKS (30M)				
						FC	EQUIPMENT ORIENTATION** Anshul				
6:00	pm	BR	SHARKS (30M)			BR	SHARKS (30M)				

SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO		S	SATURDAY	CLASS AND INSTRUCTOR
7:30	am	4	Every	YOGA: 1- Becky, 2-Kelly, 3- Sarah, 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- Amy, 4- Yvonne, 5- Sherri
		4	Every	YOGA: 1- Sarah, 2-Sarah, 3- Sharon, 4-Sarah 5- Sarah

YS = Y South Building FC = Fitness Center BR= Y South Back Room

***Indicates paid program **Registration Required**

Zoom classes do not require registration.