

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

## Thanksgiving Holiday Schedule

NEW or CHANGES

KIDS' CLASSES

ZOOM & IN STUDIO CLASSES

PRIVATE CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	Thansgiving	S	FRIDAY			
5:15	am	1	GROUP POWER DJ	1	PRIVATE CLASS	1	GROUP POWER Becky		Closed for Thanksgiving	1	GROUP POWER CANCELLED			
		3	CYCLING (45M) Silas	3	CYCLING (45M) DJ	3	CYCLING (45M) John			3	CYCLING (45M) Sherri			
YS	STRENGTH FOUNDATIONS (45M) Abby			YS	STRENGTH FOUNDATIONS (45M) Abby									
5:30	am			YS	HIIT Bonnie									
6:00	am			4	YOGA (45M) Becky									
8:00	am	4	YOGA Gerry	YS	GENTLE YOGA Leah	4	YOGA Gerry			Closed for Thanksgiving	4	YOGA Gerry		
		YS	WEIGHT TRAINING INTERVALS Megan			YS	HEAVY LIFTING Liz				YS	WEIGHT TRAINING INTERVALS Bonnie		
				FC	EQUIPMENT ORIENTATION** Sharon									
8:30	am			2	BARRE Lauren	BR	SHARKS (30M)							
9:00	am	3	CYCLING Melissa	3	CYCLING Kate	D	DISCOVERY PLAYGROUP CANCELED				Closed for Thanksgiving	3	CYCLING Melissa	
		2	ZUMBA Yvonne	1	ROCK BOTTOM Melissa	2	ZUMBA CANCELED					2	ZUMBA CANCELED	
9:15	am			YS	SENIOR STRETCH (45M) Leah	YS	SENIOR STRETCH (45M) Leah					Closed for Thanksgiving		
		4	GENTLE PILATES Hannah	4	YOGA/PILATES Sharon	4	BUTI YOGA Lara						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						Closed for Thanksgiving	
		YS	YOGA Stuart	YS	LITTLE TUMBLERS 1-5 yrs (45M) Thomas	YS	YOGA Stuart		YS					YOGA Sharon
		1	FULL BODY STRENGTH Suzanne			1	FULL BODY STRENGTH Yvonne		1					FULL BODY STRENGTH CANCELED

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	MONDAY	S	TUESDAY	S	WEDNESDAY	S	Thansgiving	S	FRIDAY
3:00	pm					BR	SHARKS (30M)		Closed for Thanksgiving		
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)
		YS	ADAPTIVE PE			YS	ADAPTIVE PE				
4:00	pm			YS	LEADERS WITH RHYTHM 11-18 yrs Ben						
						BR	SHARKS (30M)			BR	SHARKS (30M)
4:30	pm	1	FUN & FIT 9-12 yrs (45M) Thomas							4	PRENATAL YOGA CANCELED
		YS	POUND (50M) Shannon	4	BUTI YOGA Nikki	YS	POUND (50M) Shannon				
5:30	pm	1	GROUP POWER Becky	1	HIIT Abby	1	HIIT Brandon			1	GROUP POWER CANCELED
		2	ZUMBA Stephanie	2	ZUMBA Stephanie	2	ZUMBA Treneee			BR	SHARKS (45M)
		4	YOGA FOR STRESS Jessie	4	YOGA (INTERMEDIATE) Stuart	4	PILATES Hannah				
		3	CYCLING Sherry			3	CYCLING Carrie				
		YS	BEGINNER HIIT (45M) Malory	YS	YOUTH KARATE* 5-11 yrs \$50	YS	BEGINNER HIIT (45M) Malory				
						BR	SHARKS (30M)				
								FC	EQUIPMENT ORIENTATION** Thomas		
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- 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	1st, 3rd, 5th	Group Power: 1- Becky, 3-Sharon, 5- Becky
		1	2nd & 4th	HIIT: 2- Brandon, 4 -Liz
		2	Every	ZUMBA: 1- Trenee, 2- Stephanie, 3- Amy, 4- Yvonne, 5- Sherri
		4	Every	YOGA: 1- Sarah, 2-Sarah, 3- Sarah, 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.**