

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: March 15, 2023

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
		5	STRENGTH FOUNDATIONS (45M) Abby								
5:30	am		5	HIIT Bonnie			5	HIIT Bonnie			
6:00	am		4	YOGA (45M) Becky			4	YOGA (45M) Kelly			
8:00	am	4	YOGA Gerry	5	GENTLE YOGA Leah	4	YOGA Gerry	5	GENTLE YOGA Leah	4	YOGA Gerry
		5	WEIGHT TRAINING INTERVALS Megan			5	HEAVY LIFTING Megan			5	WEIGHT TRAINING INTERVALS Megan
				FC	EQUIPMENT ORIENTATION** Thomas						
8:30	am		2	BARRE Lauren	BR	SHARKS* (30M)					
9:00	am					D	DISCOVERY PLAYGROUP** (3-5 yrs) Aimee				
		3	CYCLING Melissa	3	CYCLING Kate	3	CYCLING Nancy	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	5	CHAIR STRENGTH Abby	5	SENIOR STRETCH (45M) Leah	5	SENIOR STRETCH (45M) Leah	5	SENIOR STRETCH (45M) Leah	5	CHAIR STRENGTH Abby
		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		
		5	YOGA Stuart	5	LITTLE TUMBLERS** 1-5 yrs (45M) Thomas	5	YOGA Stuart	5	MUSIC & ME** 0-5 yrs (45M) Aimee	5	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	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)	
		5	ADAPTIVE PE			5	ADAPTIVE PE					
4:00	pm					BR	SHARKS* (30M)			BR	SHARKS* (30M)	
4:30	pm	1	FUN & FIT 6-12 yrs (45M) Thomas					1	FUN & FIT 6-12 yrs (45M) Thomas	4	PRENATAL YOGA** Melissa	
		5	POUND (50M) Shannon	4	BUTI YOGA Nikki	5	POUND (50M) Shannon	4	BUTI YOGA Nikki			
5:30	pm	1	GROUP POWER Becky	1	HIIT Abby	1	HIIT Brandon	1	HIIT Brittany	1	GROUP POWER DJ	
		2	ZUMBA Stephanie	2	ZUMBA Stephanie	2	ZUMBA Joenelle	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					
		5	BEGINNER HIIT (45M) Matilda	5	YOUTH KARATE* 7-13 yrs \$55	5	BEGINNER STRENGTH (45M) Daniel	5	YOUTH KARATE* 7-13 yrs \$55			
							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- Nancy, 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-Becky, 5- Becky
		1	2nd & 4th	HIIT: 2- Brandon, 4 -Bonnie
		2	Every	ZUMBA: 1- Joenelle, 2- Stephanie, 3- Amy, 4- Yvonne, 5- Sherri
		4	Every	YOGA: 1- Sarah, 2-Sarah, 3- Sarah, 4-Sarah 5- Sarah
9 to 12	am	O	Every	PICKLE BALL: See Member Services Desk to check out equipment

5 = Y South Building    FC = Fitness Center    BR= Y South Back Room    O= Outdoor Sports Court

\*Indicates paid program    \*\*Registration Required

Zoom classes do not require registration.