

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: July 1, 2024

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	GROUP POWER Becky	1	YOGA STRENGTH Nancy	1	GROUP POWER DJ
		3	CYCLING (45M) Silas	3	CYCLING (45M) DJ	3	CYCLING (45M) Silas	3	CYCLING (45M) John	3	CYCLING (45M) Becky
5:30	am	5	START WITH STRENGTH (45M) Bonnie	5	HIIT Bonnie	5	START WITH STRENGTH (45M) 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 Carrie			5	HEAVY LIFTING Carrie			5	WEIGHT TRAINING INTERVALS Carrie
				FC	EQUIPMENT ORIENTATION** Thomas					1	SHARKS (30M)
8:30	am			2	HARD CORE (30M) Lara			2	HARD CORE (30M) Lara		
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	4	PILATES Hannah	4	BUTI YOGA Lara
		1	GROUP POWER Lara	2	SHARKS (30M)	1	HIIT FUSION Abby	2	SHARKS (30M)	1	GROUP POWER Sharon
10:30	am	4	YOGA JR. (45M) Sarah	4	YOGA FOR STRESS Jessie	2	ZUMBA JR. (45M) Susanna	4	YOGA FOR STRESS Jessie	2	FUN & FIT 6-12 yrs (45M) Thomas
		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 Kate M.			1	FULL BODY STRENGTH Yvonne			1	FULL BODY STRENGTH Yvonne
11:30	am					4	PRIVATE USE				

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	
4:15	pm	5	SHARKS (45M)			5	SHARKS (30M)			5	SHARKS (30M)	
4:30	pm	1	FUN & FIT 6-12 yrs (45M) Thomas	1	CREATIVE MOVEMENT 6-12yrs (45M) Susanna	1	HIIT JR. 6-12 yrs (45M) Matilda	1	FUN & FIT 6-12 yrs (45M) Thomas			
		4	PRENATAL YOGA** Lara	4	BUTI YOGA Nikki			4	BUTI YOGA Nikki			
5:30	pm	1	GROUP POWER Becky	1	HIIT Matilda	1	HIIT Brandon	1	HIIT Matilda	1	GROUP POWER Lara	
		2	ZUMBA Joenelle	2	ZUMBA Sherri	2	ZUMBA Joenelle	2	ZUMBA Sherri			
		4	YOGA FOR STRESS Jessie	4	PILATES Hannah	4	YOGA Nancy	4	PILATES Hannah			
		3	CYCLING Sherry/Carrie			3	CYCLING Carrie					
						5	POUND (45M) Shannon					
						FC	EQUIPMENT ORIENTATION** Thomas					

## 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- Becky
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- Bonnie, 4 -Bonnie
		2	Every	ZUMBA: 1- Joenelle, 2- Caitlin, 3- Joenelle, 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 & D = 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.