

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: March 1, 2025

| NEW <u>or</u> CHANGES     |    |   |                                                             | KIDS' EXERCISE CLASSES |                                                            |   |                                                             | ZOOM & IN STUDIO CLASSES |                                                              |   |                                                         |
|---------------------------|----|---|-------------------------------------------------------------|------------------------|------------------------------------------------------------|---|-------------------------------------------------------------|--------------------------|--------------------------------------------------------------|---|---------------------------------------------------------|
| S = STUDIO #              |    | S | MONDAY                                                      | S                      | TUESDAY                                                    | S | WEDNESDAY                                                   | S                        | THURSDAY                                                     | S | FRIDAY                                                  |
| 5:00<br>5:15<br>&<br>5:30 | am |   |                                                             |                        |                                                            |   |                                                             |                          |                                                              | 5 | 5:00 AM (45m)<br>ATHLETIC<br>STRENGTH<br>Aaron          |
|                           |    | 1 | 5:15 AM (1hr)<br>GROUP POWER<br>DJ                          | 6                      | 5:15 AM (45m)<br>ROW STRENGTH<br>Beginning Mar. 18<br>John | 1 | 5:15 AM (1hr)<br>GROUP POWER<br>Becky                       | 6                        | 5:15 AM (45m)<br>ROW STRENGTH<br>Beginning Mar. 20<br>Garett | 1 | 5:15 AM (1hr)<br>GROUP POWER<br>DJ                      |
|                           |    | 3 | 5:15 AM (45m)<br>CYCLING<br>Silas                           | 3                      | 5:15 AM (45m)<br>CYCLING<br>DJ                             | 3 | 5:15 AM (45m)<br>CYCLING<br>Silas                           | 3                        | 5:15 AM (45m)<br>CYCLING<br>John                             | 3 | 5:15 AM (45m)<br>CYCLING<br>Becky                       |
|                           |    | 5 | 5:30 AM (45m)<br>START WITH<br>STRENGTH<br>Bonnie           | 5                      | 5:30 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Bonnie    | 5 | 5:30 AM (45m)<br>START WITH<br>STRENGTH<br>Bonnie           | 5                        | 5:30 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Bonnie      |   |                                                         |
| 6:00                      | am |   |                                                             | 4                      | 6:00 AM (45m)<br>YOGA<br>Becky                             |   |                                                             | 4                        | 6:00 AM (45m)<br>YOGA<br>Kelly                               |   |                                                         |
| 8:00<br>&<br>8:30         | am | 4 | 8:00 AM (1hr)<br>YOGA<br>Nancy                              | 5                      | 8:00 AM (1hr)<br>GENTLE YOGA<br>Leah                       | 4 | 8:00 AM (1hr)<br>YOGA<br>Gerry                              | 5                        | 8:00 AM (1hr)<br>GENTLE YOGA<br>Leah                         | 4 | 8:00 AM (1hr)<br>YOGA<br>Gerry                          |
|                           |    | 5 | 8:00 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Dustin     | 6                      | 8:00 AM (45m)<br>ROW STRENGTH<br>Beginning Mar. 18<br>Kate | 5 | 8:00 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Dustin     | 6                        | 8:00 AM (45m)<br>ROW STRENGTH<br>Beginning Mar. 20<br>Kate   | 5 | 8:00 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Dustin |
|                           |    | 2 | 8:00 AM (1hr)<br>BARRE<br>Joy                               | 2                      | 8:30 AM (30m)<br>HARD CORE<br>Lara                         |   |                                                             | 2                        | 8:30 AM (30m)<br>HARD CORE<br>Lara                           |   |                                                         |
| 9:00<br>&<br>9:15         | am | 6 | 9:00 AM (45m)<br>ROW STRENGTH<br>Beginning Mar. 17<br>Ariel |                        |                                                            | 6 | 9:00 AM (45m)<br>ROW STRENGTH<br>Beginning Mar. 19<br>Ariel |                          |                                                              |   |                                                         |
|                           |    | 2 | 9:00 am (1hr)<br>YOUNG AT HEART<br>Yvonne                   | 1                      | 9:00 AM (1hr)<br>ROCK BOTTOM<br>Melissa                    | 2 | 9:00 AM (1hr)<br>ZUMBA<br>Susanna                           | 1                        | 9:00 AM (1hr)<br>UPPER BODY<br>BLAST<br>Melissa              | 2 | 9:00 AM (1hr)<br>ZUMBA<br>Joanelle                      |
|                           |    | 3 | 9:00 AM (1hr)<br>CYCLING<br>Melissa                         | 3                      | 9:00 AM (1hr)<br>CYCLING<br>Kate                           | 3 | 9:00 AM (1hr)<br>CYCLING<br>Nancy                           | 3                        | 9:00 AM (1hr)<br>CYCLING<br>Kate                             | 3 | 9:00 AM (1hr)<br>CYCLING<br>Melissa                     |
|                           |    | 5 | 9:15 AM (1hr)<br>CHAIR STRENGTH<br>Abby                     | 5                      | 9:15 AM (45m)<br>SENIOR<br>STRETCH<br>Leah                 | 5 | 9:15 AM (45m)<br>SENIOR<br>STRETCH<br>Leah                  | 5                        | 9:15 AM (45m)<br>SENIOR<br>STRETCH<br>Leah                   | 5 | 9:15 AM (1hr)<br>CHAIR STRENGTH<br>Abby                 |
|                           |    | 4 | 9:15 AM (1hr)<br>MEDITATIVE YOGA<br>Kelly                   | 4                      | 9:15 AM (1hr)<br>YOGA/PILATES<br>Sharon                    | 4 | 9:15 AM (1hr)<br>BUTI YOGA<br>Erin                          | 4                        | 9:15 AM (1hr)<br>PILATES<br>Kathrina                         | 4 | 9:15 AM (1hr)<br>BUTI YOGA<br>Erin                      |
|                           |    | 1 | 9:15 AM (1hr)<br>GROUP POWER<br>Becky                       | 2                      | 9:15 AM (1hr)<br>RHYTHMIC<br>ENERGY<br>Susanna             | 1 | 9:15 AM (1hr)<br>KETTLEBELLS<br>Abby                        | 2                        | 9:15 AM (1hr)<br>RHYTHMIC ENERGY<br>Susanna                  | 1 | 9:15 AM (1hr)<br>GROUP POWER<br>Sharon                  |
| 10:30                     | am | 5 | 10:30 AM (1hr)<br>YOGA<br>Stuart                            | 4                      | 10:30 AM (1hr)<br>YOGA FOR<br>STRESS<br>Jessie             | 5 | 10:30 AM (1hr)<br>YOGA<br>Stuart                            | 4                        | 10:30 AM (1hr)<br>YOGA FOR STRESS<br>Jessie                  | 5 | 10:30 AM (1hr)<br>YOGA<br>Stuart                        |
|                           |    | 1 | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Kate M.         |                        |                                                            | 1 | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Yvonne          |                          |                                                              | 1 | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Yvonne      |

Afternoon, Evening and Weekend Schedule on Back

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

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                               |
|------|----|---|--------------------------------------------------|---|---------------------------------------------------------------|---|-------------------------------------------------|---|-------------------------------------------------------------|---|--------------------------------------|
| 4:30 | pm | 2 | 4:30 PM (45m)<br>FUN & FIT<br>6-12 yrs<br>Thomas | 2 | 4:30 PM (45m)<br>CREATIVE<br>MOVEMENT<br>6-12 yrs<br>Kathrina | 2 | 4:30 PM (45m)<br>FUN & FIT<br>6-12 yrs<br>Haley | 2 | 4:30 PM (45m)<br>FUN & FIT<br>6-12 yrs<br>Haley             |   |                                      |
|      |    |   |                                                  | 4 | 4:30 PM (1hr)<br>BUTI YOGA<br>Nikki                           | 4 | 4:30 PM (1hr)<br>PRENATAL YOGA**<br>Lara        | 4 | 4:30 PM (1hr)<br>BUTI YOGA<br>Nikki                         |   |                                      |
| 5:30 | pm | 1 | 5:30 PM (1hr)<br>GROUP POWER<br>Lara             | 1 | 5:30 PM (1hr)<br>STRONG NATION<br>Ariel                       | 5 | 5:30 PM (1hr)<br>BOOTCAMP<br>Brandon            |   |                                                             | 1 | 5:30 PM (1hr)<br>GROUP POWER<br>Lara |
|      |    | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Steph                  | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Steph                               | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Joanelle              | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Steph                             | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Caitlin    |
|      |    | 4 | 5:30 PM (1hr)<br>YOGA FOR STRESS<br>Jessie       | 4 | 5:30 PM (1hr)<br>PILATES<br>Kathrina                          | 4 | 5:30 PM (1hr)<br>YOGA<br>Nancy                  | 4 | 5:30 PM (1hr)<br>BARRE-LESS<br>Joy                          |   |                                      |
|      |    | 3 | 5:30 PM (1hr)<br>CYCLING<br>Mallory              | 6 | 5:30 PM (45m)<br>ROW STRENGTH<br>Beginning Mar. 18<br>Shannon | 3 | 5:30 PM (1hr)<br>CYCLING<br>Carrie              | 6 | 5:30 PM (45m)<br>ROW STRENGTH<br>Beginning Mar. 20<br>Ariel |   |                                      |
| 6:00 | pm |   |                                                  | 5 | 6:00 PM (1hr)<br>BOXING<br>Dustin                             |   |                                                 | 5 | 6:00 PM (1hr)<br>BOXING<br>Dustin                           |   |                                      |

## 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- Sheri, 2- Steph, 3- Caitlin, 4- Sheri, 5- Sheri                  |
|            |    | 4 | Every         | YOGA: 1- Sarah, 2-Sarah, 3- Sarah, 4-Sarah 5- Sarah                        |
|            |    | 6 | 1st, 3rd, 5th | ROW STRENGTH: Beginning April 1; 1- Ariel; 3-Ariel: 5-Kate                 |
|            |    | 5 | 2nd & 4th     | BOXING: Dustin                                                             |
| 10:30      | am | R | Every         | FIT LAB: Rotating (Check Flier)                                            |
|            |    | 5 | Every         | TUMBLING TIME: 0-5 yrs. Must be accompanied by an adult. Open tumble time. |
| All Day    |    | O | Monday-Sunday | OUTDOOR PICKLEBALL: See the Member Services Desk to check out equipment    |

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

**Equipment Orientations\*\* offered Tuesdays at 8am and Wednesdays at 5:30pm Register at Member Services Desk**

**Trainer on the Floor Available Monday - Friday 3:30-5:30 PM while schools are in session**

\*Indicates paid program    \*\*Registration Required

Y Wellness 24/7 classes require a FREE Y Wellness Account. Sign up online at sfymca.org

## WINTER INDOOR PICKLEBALL SCHEDULE

|                 |   |                    |
|-----------------|---|--------------------|
| Monday - Friday | 5 | 12:00 pm - 2:30 pm |
| Saturday        | 5 | 12:00 pm - 2:30 pm |
| Sunday          | 5 | 8:00 am - 2:30 pm  |

## WINTER SAUNA SCHEDULE

|                 |                   |
|-----------------|-------------------|
| Monday - Friday | 5:00 am - 8:30 pm |
| Saturday        | 8:00 am - 2:30 pm |
| Sunday          | 8:00 am - 2:30 pm |