

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: April 14, 2025

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

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) FUN & FIT 6-12 yrs Thomas	2	4:30 PM (45m) FUN & FIT 6-12 yrs Haley	2	4:30 PM (45m) FUN & FIT 6-12 yrs Haley	2	4:30 PM (45m) FUN & FIT 6-12 yrs Haley		
				4	4:30 PM (1hr) BUTI YOGA Nikki	4	4:30 PM (1hr) PRENATAL YOGA** Lara	4	4:30 PM (1hr) BUTI YOGA Nikki		
5:30	pm	1	5:30 PM (1hr) GROUP POWER Lara			5	5:30 PM (1hr) BOOTCAMP Brandon			1	5:30 PM (1hr) GROUP POWER Lara
		2	5:30 PM (1hr) ZUMBA Steph	2	5:30 PM (1hr) ZUMBA Steph	2	5:30 PM (1hr) ZUMBA Joenelle	2	5:30 PM (1hr) ZUMBA Steph	2	5:30 PM (1hr) ZUMBA Caitlin
		4	5:30 PM (1hr) YOGA FOR STRESS Jessie	4	5:30 PM (1hr) PILATES Kathrina	4	5:30 PM (1hr) YOGA Nancy	4	5:30 PM (1hr) BARRE-LESS Joy		
		3	5:30 PM (1hr) CYCLING Mallory	6	5:30 PM (45m) ROW STRENGTH Shannon	3	5:30 PM (1hr) CYCLING Carrie	6	5:30 PM (45m) ROW STRENGTH Ariel		
6:00	pm			5	6:00 PM (1hr) BOXING Dustin			5	6:00 PM (1hr) BOXING 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- TBA, 2- Steph, 3- Caitlin, 4- Yvonne, 5- Susanna Curry
		4	Every	YOGA: 1- Sarah, 2-Sarah, 3- Sarah, 4-Sarah 5- Sarah
		6	1st, 3rd, 5th	ROW STRENGTH: 1- Ariel; 3-Melissa: 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