

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: March 1, 2026

NEW or CHANGES		KIDS' EXERCISE CLASSES					Y WELLNESS & 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						5	5:00 AM (45m) ATHLETIC STRENGTH Aaron	
		1	5:15 AM (1hr) GROUP POWER Becky	6	5:15 AM (45m) ROW STRENGTH Dustin	1	5:15 AM (1hr) GROUP POWER Becky	6	5:15 AM (45m) ROW STRENGTH Dustin	1	5:15 AM (1hr) GROUP POWER DJ
		3	5:15 AM (45m) CYCLING Silas	3		3	5:15 AM (45m) CYCLING Silas			3	5:15 AM (45m) CYCLING Steven
				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 DJ			4	6:00 AM (45m) YOGA Kelly			
8:00 & 8:30	am	2	8:00 AM (1hr) BARRE Joy	5	8:00 AM (1hr) GENTLE YOGA Leah	2	8:00 AM (1hr) BARRE Lyndsay	5	8:00 AM (1hr) GENTLE YOGA Leah		
		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	5	8:00 AM (1hr) WEIGHT TRAINING INTERVALS Dustin
		4	8:00 AM (1hr) YOGA Nancy	2	8:30 AM (30m) HARD CORE Katrina	1	8:15 AM (45m) STRONG MAMA Abby	2	8:30 AM (30m) HARD CORE Katrina	4	8:00 AM (1hr) YOGA Nancy
9:00 & 9:15	am	2	9:00 am (1hr) SHINE Lyndsay	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
		6	9:15 AM (45m) ROW STRENGTH Sharon			6	9:15 AM (45m) ROW STRENGTH 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 Joy	4	9:15 AM (1hr) YOGA/PILATES Sharon	4	9:15 AM (1hr) STRENGTH&STRETCH Joy	4	9:15 AM (1hr) PILATES Kathrina	4	9:15 AM (1hr) BARRE Andrea
		1	9:15 AM (1hr) GROUP POWER DJ	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
		5	10:30 AM (1hr) YOGA Leah	4	10:30 AM (1hr) YOGA FOR STRESS Jessie	5	10:30 AM (1hr) YOGA Leah	4	10:30 AM (1hr) YOGA FOR STRESS Jessie	5	10:30 AM (1hr) YOGA Rotating
10:30	am	1	10:30 AM (1hr) FUNCTIONAL STRENGTH Abby/Katrina			1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne			1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne
12:00	pm	1	12:00 (45m) STRENGTH&SCULPT Cass	4	12:00 (45m) PILATES Viviana	1	12:00 (45m) STRENGTH&SCULPT Cass	4	12:00 (45m) PILATES Viviana		

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) TAEKWONDO 6-12 yrs Thomas	2	4:30 PM (45m) GAME TIME 6-12 yrs Andrea	2	4:30 PM (45m) TAEKWONDO 6-12 yrs Thomas	2	4:30 PM (45m) FUN & FIT 6-12 yrs Thomas		
				4	4:30 PM (50m) BUTI MOVEMENT Lara			4	4:30 PM (50m) BUTI MOVEMENT Lara		
5:30	pm	1	5:30 PM (1hr) GROUP POWER Lara	1	5:30 PM (1hr) STRENGTH&SCULPT Cass	5	5:30 PM (1hr) BOOTCAMP Brandon	1	5:30 PM (1hr) STRENGTH&SCULPT Cass	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		
		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) PILATES Joy		
		3	5:30 PM (1hr) CYCLING Mo	6	5:30 PM (45m) ROW STRENGTH Shannon	3	5:30 PM (1hr) CYCLING Carrie	6	5:30 PM (45m) ROW STRENGTH David		
6:00	pm			5	6:00 PM (1hr) BOXING Dustin			5	6:00 PM (1hr) BOXING Dustin		
6:45	pm			4	6:45 PM (45m) GUIDED MEDITATION Karen			4	6:45 PM (45m) SOUND THERAPY Tessa		

## WEEKEND GROUP EXERCISE SCHEDULE

S = STUDIO		S	SATURDAY	CLASS AND INSTRUCTOR
7:30	am	4	Every	YOGA: 1- Joy 2-Kelly 3- Nancy, 4-Kelly 5- Nancy
8:00	am	3	Every	CYCLING: 1- Carrie 2- Steven 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	DANCE FITNESS: 1- Lyndsay 2- Steph 3- Caitlin 4- Yvonne 5- Susanna
		4	Every	YOGA: 1- Sarah 2-Sarah 3- Sarah 4-Sarah 5- Sarah
		6	1st, 3rd, 5th	ROW STRENGTH: 1- Lara 3-Melissa 5-Kate
		5	2nd & 4th	BOXING: Dustin
10:30	am	R	Every	FIT LAB: Rotating
		5	Every	TUMBLING TIME: 0-5 yrs. Must be accompanied by an adult. Open tumble time.
9:15	am	4	SUNDAY	SOUND THERAPY: Tessa
10:30	am	4	Every	YOGA: 1- DJ 2-Lara 3- Nancy, 4-Lara 5- Lara

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

Equipment Orientations\*\* offered Tuesdays at 9am 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

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

## PICKLEBALL SCHEDULE

Monday - Thursday - Indoor	5	12:00 pm - 2:30 pm
Friday - Saturday - Indoor	5	12:00 pm - 2:30 pm
Sunday - Indoor	5	8:00 am - 2:30 pm
Everyday - Outdoor	0	All Day - See the Member Services Desk to check out equipment

## SAUNA SCHEDULE

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