

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: June 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<br>5:15<br>&<br>5:30 | am | 5                      | 5:00 AM (45m)<br>ATHLETIC STRENGTH<br>Aaron                       |                             |  |           |  |                                | 5  | 5:00 AM (45m)<br>ATHLETIC STRENGTH<br>Aaron |  |
|                           |    | 1                      | 5:15 AM (1hr)<br>GROUP POWER<br>Becky                             | 6                           | 5:15 AM (45m)<br>ROW STRENGTH<br>Dustin                            | 1         | 5:15 AM (1hr)<br>GROUP POWER<br>Becky                              | 6                              | 5:15 AM (45m)<br>ROW STRENGTH<br>Dustin                            | 1   | 5:15 AM (1hr)<br>GROUP POWER<br>DJ                               |
|                           |    | 3                      | 5:15 AM (45m)<br>CYCLING<br>Silas                                 | 3                           |  | 3         | 5:15 AM (45m)<br>CYCLING<br>Silas                                  |                                |  | 3   | 5:15 AM (45m)<br>CYCLING<br>Steven                               |
|                           |    |                        |   | 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>DJ |  |           | 4  | 6:00 AM (45m)<br>YOGA<br>Kelly |  |   |  |
| 8:00<br>8:15<br>&<br>8:30 | am | 2                      | 8:00 AM (1hr)<br>BARRE<br>Joy                                     | 5                           | 8:00 AM (1hr)<br>GENTLE YOGA<br>Leah                               | 2         | 8:00 AM (1hr)<br>BARRE<br>Emily                                    | 5                              | 8:00 AM (1hr)<br>GENTLE YOGA<br>Leah                               |   |  |
|                           |    | 5                      | 8:00 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Dustin           | 6                           | 8:00 AM (45m)<br>ROW STRENGTH<br>Kate                              | 5         | 8:00 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Dustin            | 6                              | 8:00 AM (45m)<br>ROW STRENGTH<br>Melissa                           | 5   | 8:00 AM (1hr)<br>WEIGHT TRAINING<br>INTERVALS<br>Dustin          |
|                           |    | 4                      | 8:00 AM (1hr)<br>YOGA<br>Nancy                                    | 2                           | 8:30 AM (30m)<br>HARD CORE<br>Katrina                              | 1         | 8:15 AM (45m)<br>STRONG MAMA<br>Abby                               | 2                              | 8:30 AM (30m)<br>HARD CORE<br>Katrina                              | 4   | 8:00 AM (1hr)<br>YOGA<br>Nancy                                   |
| 9:00<br>&<br>9:15         | am | 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                              |
|                           |    | 1                      | 9:15 AM (1hr)<br>GROUP POWER<br>DJ                                | 1                           | 9:00 AM (1hr)<br>ROCK BOTTOM<br>Melissa                            | 1         | 9:15 AM (1hr)<br>KETTLEBELLS<br>Abby                               | 1                              | 9:00 AM (1hr)<br>UPPER BODY BLAST<br>Melissa                       | 1   | 9:15 AM (1hr)<br>GROUP POWER<br>Sharon                           |
|                           |    | 2                      | 9:15 am (1hr)<br>ZUMBA<br>Yvonne                                  | 2                           | 9:15 AM (1hr)<br>RHYTHMIC ENERGY<br>Susanna                        | 2         | 9:15 AM (1hr)<br>ZUMBA<br>Yvonne                                   | 2                              | 9:15 AM (1hr)<br>RHYTHMIC ENERGY<br>Susanna                        | 2   | 9:15 AM (1hr)<br>ZUMBA<br>Joenelle                               |
|                           |    | 4                      | 9:15 AM (1hr)<br>MEDITATIVE YOGA<br>Joy                           | 4                           | 9:15 AM (1hr)<br>YOGA/PILATES<br>Sharon                            | 4         | 9:15 AM (1hr)<br>STRENGTH&STRETCH<br>Joy                           | 4                              | 9:15 AM (1hr)<br>PILATES<br>Emily                                  | 4   | 9:15 AM (1hr)<br>BARRE<br>Andrea                                 |
|                           |    | 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                          |
|                           |    | 6                      | 9:15 AM (45m)<br>ROW STRENGTH<br>Sharon                           |                             |  | 6         | 9:15 AM (45m)<br>ROW STRENGTH<br>Melissa                           |                                |  |   |  |
| 10:30                     | am | 5                      | 10:30 AM (1hr)<br>YOGA<br>Leah                                    | 4                           | 10:30 AM (1hr)<br>YOGA FOR STRESS<br>Jessie                        | 5         | 10:30 AM (1hr)<br>YOGA<br>Leah                                     | 4                              | 10:30 AM (1hr)<br>YOGA FOR STRESS<br>Jessie                        | 5   | 10:30 AM (1hr)<br>YOGA<br>Evan                                   |
|                           |    | 1                      | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Katrina               |                             |  | 1         | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Yvonne                 |                                |  | 1   | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Yvonne               |
|                           |    | 2                      | 10:30 (45m)<br>YOUTH YOGA<br>6-12 yrs<br>Beginning June 8<br>Jess | 2                           | 10:30 (45m)<br>FUN & FIT<br>6-12 yrs<br>Beginning June 9<br>Thomas | 2         | 10:30 (45m)<br>YOUTH YOGA<br>6-12 yrs<br>Beginning June 10<br>Evan | 2                              | 10:30 (45m)<br>TAEKWONDO<br>6-12yrs<br>Beginning June 11<br>Thomas | 2   | 10:30 (45m)<br>YOUTH YOGA<br>6-12yrs<br>Beginning June 12<br>Ava |
| 12:00                     | pm | 1                      | 12:00 (45m)<br>STRENGTH&SCULPT<br>Cass                            | 4                           | 12:00 (45m)<br>PILATES<br>Viviana                                  | 1         | 12:00 (45m)<br>STRENGTH&SCULPT<br>Cass                             | 4                              | 12:00 (45m)<br>PILATES<br>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)<br>TAEKWONDO<br>6-12 yrs<br>Thomas | 2 | 4:30 PM (45m)<br>GAME TIME<br>6-12 yrs<br>Andrea | 2 | 4:30 PM (45m)<br>TAEKWONDO<br>6-12 yrs<br>Thomas | 2 | 4:30 PM (45m)<br>FUN & FIT<br>6-12 yrs<br>Thomas |   |                                      |
|      |    |   |  | 4 | 4:30 PM (50m)<br>BUTI MOVEMENT<br>Lara           |   |  | 4 | 4:30 PM (50m)<br>BUTI MOVEMENT<br>Lara           |   |                                      |
| 5:30 | pm | 1 | 5:30 PM (1hr)<br>GROUP POWER<br>Lara             | 1 | 5:30 PM (1hr)<br>STRENGTH&SCULPT<br>Cass         | 5 | 5:30 PM (1hr)<br>BOOTCAMP<br>Brandon             | 1 | 5:30 PM (1hr)<br>STRENGTH&SCULPT<br>Cass         | 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>Joenelle               | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Steph                  |   |                                      |
|      |    | 4 | 5:30 PM (1hr)<br>YOGA FOR STRESS<br>Jessie       | 4 | 5:30 PM (1hr)<br>PILATES<br>Emily                | 4 | 5:30 PM (1hr)<br>YOGA<br>Nancy                   | 4 | 5:30 PM (1hr)<br>PILATES<br>Joy                  |   |                                      |
|      |    | 3 | 5:30 PM (1hr)<br>CYCLING<br>Mo                   | 6 | 5:30 PM (45m)<br>ROW STRENGTH<br>Shannon         | 3 | 5:30 PM (1hr)<br>CYCLING<br>Carrie               | 6 | 5:30 PM (45m)<br>ROW STRENGTH<br>David           |   |                                      |
| 6:00 | pm |   |  | 5 | 6:00 PM (1hr)<br>BOXING<br>Dustin                |   |  | 5 | 6:00 PM (1hr)<br>BOXING<br>Dustin                |   |                                      |
| 6:45 | pm |   |  |   |  |   |  | 4 | 6:45 PM (45m)<br>SOUND THERAPY<br>Tessa & Ava    |   |                                      |

## WEEKEND GROUP EXERCISE SCHEDULE

| S = STUDIO |    | S | SATURDAY      | CLASS AND INSTRUCTOR   |
|------------|----|---|---------------|--|
| 7:30       | am | 4 | Every         | YOGA: 1- Joy 2-Ava 3- Nancy, 4-Ava 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- Yvonne 2- Steph 3- Caitlin 4- Chris 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 - 45m                               |
|            |    | 5 | 2nd & 4th     | BOXING: Dustin   |
| 10:30      | am | 5 | Every         | TUMBLING TIME: 0-5 yrs. Must be accompanied by an adult. Open tumble time. |
|            |    |   | SUNDAY        |  |
| 9:15       | am | 4 | Every         | STRETCH & SOUND: Tessa and Ava   |
| 10:30      | am | 4 |               | 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 |