

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: July 25, 2026

NEW or CHANGES								KIDS' EXERCISE CLASSES								FOD & 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 8:15 & 8:30	am	2	8:00 AM (1hr) BARRE Joy		5	8:00 AM (1hr) GENTLE YOGA Leah		2	8:00 AM (1hr) BARRE Susanna		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 Sharon		1	8:15 AM (45m) STRONG MAMA Abby		2	8:30 AM (30m) HARD CORE Sharon		4	8:00 AM (1hr) YOGA Nancy				
9:00 & 9:15	am	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				
		1	9:15 AM (1hr) GROUP POWER DJ		1	9:00 AM (1hr) ROCK BOTTOM Melissa		1			1	9:00 AM (1hr) UPPER BODY BLAST Melissa		1	9:15 AM (1hr) GROUP POWER Sharon				
		2	9:15 am (1hr) ZUMBA Yvonne		2	9:15 AM (1hr) RHYTHMIC ENERGY Susanna		2	9:15 AM (1hr) ZUMBA Yvonne		2	9:15 AM (1hr) RHYTHMIC ENERGY Susanna		2	9:15 AM (1hr) ZUMBA Joanelle				
		4	9:15 AM (1hr) MEDITATIVE YOGA Evan		4	9:15 AM (1hr) YOGA/PILATES Sharon		4	9:15 AM (1hr) STRENGTH&STRETCH Joy		4	9:15 AM (1hr) YOGA/PILATES Sharon		4	9:15 AM (1hr) BARRE Andrea				
		5	9:15 AM (1hr) CHAIR STRENGTH Harry		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				
		6	9:15 AM (45m) ROW STRENGTH Sharon					6	9:15 AM (45m) ROW STRENGTH Melissa										
10:30	am	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 Evan				
		1	10:30 AM (1hr) FUNCTIONAL STRENGTH Katrina					1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne					1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne				
		2	10:30 (45m) YOUTH YOGA 6-12 yrs Jess		2	10:30 (45m) FUN & FIT 6-12 yrs Thomas		2	10:30 (45m) YOUTH YOGA 6-12 yrs Evan		2	10:30 (45m) TAEKWONDO 6-12yrs Thomas		2	10:30 (45m) YOUTH YOGA 6-12yrs Ava				
12:00	pm	1	12:00 (45m) STRENGTH&SCULPT Cass		1	12:00 (45m) MOVE WELL Beginning August 4 Cass		1	12:00 (45m) STRENGTH&SCULPT Cass		1	12:00 (45m) MOVE WELL Beginning August 4 Cass							

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) PILATES SCULPT Viviana	4	4:30 PM (50m) BUTI MOVEMENT Lara	4	4:30 PM (50m) PILATES SCULPT Viviana	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 Cass	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 Joennelle	2	5:30 PM (1hr) ZUMBA Steph		
		4 5:30 PM (1hr) YOGA FOR STRESS Jessie	4	5:30 PM (1hr) PILATES Sharon	4	5:30 PM (1hr) YOGA Nancy	4	5:30 PM (1hr) PILATES Jade		
		3 5:30 PM (45m) CYCLING Mo	6	5:30 PM (45m) ROW STRENGTH Shannon	3	5:30 PM (45m) CYCLING Carrie				
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) SOUND THERAPY Tessa		

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, 5th	GROUP POWER: 1- Becky, 5- Becky
		5	3rd	BOOTCAMP: 3 - Brandon
		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	1	Every	STRETCH & SOUND: Tessa
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			

SUMMER PICKLEBALL SCHEDULE	
Monday - Friday - Indoor	5 12:00 pm - 4:45 pm
Saturday - Indoor	5 12:00 pm - 2:30 pm
Sunday - Indoor	5 8:00 am - 2:30 pm
Everyday - Outdoor	O 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