

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: August 30, 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 Tori	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 Aaron	1 8:15 AM (45m) STRONG MAMA Abby	2 8:30 AM (30m) HARD CORE Aaron	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 Nancy	3 9:00 AM (1hr) CYCLING Kate	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 9:15 AM (1hr) GROUP POWER Kate W	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) HIPHOP CARDIO Marshawn	2 9:15 AM (1hr) ZUMBA Yvonne	2 9:15 AM (1hr) HIPHOP CARDIO Marshawn	2 9:15 AM (1hr) ZUMBA Joenelle				
		4 9:15 AM (1hr) MEDITATIVE YOGA Evan	4 9:15 AM (1hr) YOGA/PILATES Sharon	4 9:15 AM (1hr) STRENGTH&STRETCH Andrea	4 9:15 AM (1hr) YOGA/PILATES Tasha	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	2 10:30 AM (45m) HOME SCHOOL PE Andrea	1 10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne	2 10:30 AM (45m) HOME SCHOOL PE Andrea	1 10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne				
12:00	pm	1 12:00 (45m) STRENGTH&SCULPT Cass	1 12:00 (45m) FUNCTIONAL MOVEMENT Cass	1 12:00 (45m) STRENGTH&SCULPT Cass	1 12:00 (45m) FUNCTIONAL MOVEMENT Cass					
Youth 10-12 yrs can attend Adult classes with supervision. Youth 13+ welcome without supervision.										

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

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AFTERNOON & EVENING GROUP EXERCISE CLASSES										
	S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
4:00	pm	1 4:15 PM (45m) SHARKS Felix	1	4:00 PM (30m) SHARKS Felix	1	4:15 PM (45m) SHARKS Felix	1	4:00 PM (30m) SHARKS Felix	1	4:15 PM (45m) SHARKS Felix
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 Rotating	2	5:30 PM (1hr) ZUMBA Rotating	2	5:30 PM (1hr) ZUMBA Joanelle	2	5:30 PM (1hr) ZUMBA Rotating		
		4 5:30 PM (1hr) YOGA FOR STRESS Jessie	4	5:30 PM (1hr) PILATES Tasha	4	5:30 PM (1hr) YOGA Nancy	4	5:30 PM (1hr) PILATES Jade		
		3 5:30 PM (45m) CYCLING Carrie	6	5:30 PM (45m) ROW STRENGTH Shannon	3	5:30 PM (45m) CYCLING Mo				
		5 5:30 PM (45m) SHARKS Felix			1	5:30 PM (45m) SHARKS Felix			5	5:30 PM (45m) SHARKS Felix
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		

SHARKS SWIM TEAM PRIVATE CLASSES

WEEKEND GROUP EXERCISE SCHEDULE

S = STUDIO	S	SATURDAY	CLASS AND INSTRUCTOR
7:30	am	4	Every
8:00	am	3	Every
9:15	am	1	1st, 5th
		5	3rd
		1	2nd & 4th
		2	Every
		4	Every
		6	1st, 3rd, 5th
		5	2nd & 4th
10:30	am	5	Every
SUNDAY			
9:15	am	1	Every
10:30	am	4	Every

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			

FALL PICKLEBALL SCHEDULE		
Monday - 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