

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: September 10, 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<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>Tori                          | 5 | 8:00 AM (1hr)<br>GENTLE YOGA<br>Leah                             | 2                       | 8:00 AM (1hr)<br>BARRE<br>Susanna                       | 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>CORE 30<br>Aaron                                | 1                       | 8:15 AM (45m)<br>STRONG MAMA<br>Abby                    | 2 | 8:30 AM (30m)<br>CORE 30<br>Aaron                                  | 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>GROUP POWER<br>Kate W                  | 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>HIPHOP CARDIO<br>Marshawn                       | 2                       | 9:15 AM (1hr)<br>ZUMBA<br>Yvonne                        | 2 | 9:15 AM (1hr)<br>HIPHOP CARDIO<br>Marshawn                         | 2 | 9:15 AM (1hr)<br>ZUMBA<br>Joenelle                      |
|                                                                                                   |    | 4 | 9:15 AM (1hr)<br>MEDITATIVE YOGA<br>Evan                | 4 | 9:15 AM (1hr)<br>YOGA/PILATES<br>Sharon                          | 4                       | 9:15 AM (1hr)<br>STRENGTH&STRETCH<br>Andrea             | 4 | 9:15 AM (1hr)<br>YOGA/PILATES<br>Tasha                             | 4 | 9:15 AM (1hr)<br>BARRELATES<br>Andrea                   |
|                                                                                                   |    | 5 | 9:15 AM (1hr)<br>CHAIR STRENGTH<br>Harry                | 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>Kate W      | 1 | 10:30 AM (45m)<br>BEYOND THE CHAIR<br>Abby<br>Beginning Sept. 22 | 1                       | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Yvonne      | 1 | 10:30 AM (45m)<br>BEYOND THE CHAIR<br>Kate W<br>Beginning Sept. 24 | 1 | 10:30 AM (1hr)<br>FUNCTIONAL<br>STRENGTH<br>Yvonne      |
|                                                                                                   |    |   |                                                         | 2 | 10:30 AM (45m)<br>HOME SCHOOL PE<br>Andrea                       |                         |                                                         | 2 | 10:30 AM (45m)<br>HOME SCHOOL PE<br>Andrea                         |   |                                                         |
| 12:00                                                                                             | pm | 1 | 12:00 (45m)<br>STRENGTH&SCULPT<br>Cass                  | 1 | 12:00 (45m)<br>FUNCTIONAL<br>MOVEMENT<br>Cass                    | 1                       | 12:00 (45m)<br>STRENGTH&SCULPT<br>Cass                  | 1 | 12:00 (45m)<br>FUNCTIONAL<br>MOVEMENT<br>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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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                               |
| 4:00                                       | pm | 1<br>4:15 PM (45m)<br>SHARKS<br>Felix                 | 1 | 4:00 PM (30m)<br>SHARKS<br>Felix                 | 1 | 4:15 PM (45m)<br>SHARKS<br>Felix                 | 1 | 4:00 PM (30m)<br>SHARKS<br>Felix                 | 1 | 4:15 PM (45m)<br>SHARKS<br>Felix     |
| 4:30                                       | pm | 2<br>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<br>4:30 PM (50m)<br>PILATES SCULPT<br>Viviana       | 4 | 4:30 PM (50m)<br>BUTI MOVEMENT<br>Lara           | 4 | 4:30 PM (50m)<br>PILATES SCULPT<br>Viviana       | 4 | 4:30 PM (50m)<br>BUTI MOVEMENT<br>Lara           |   |                                      |
| 5:30                                       | pm | 1<br>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>Cass                | 1 | 5:30 PM (1hr)<br>STRENGTH&SCULPT<br>Cass         | 1 | 5:30 PM (1hr)<br>GROUP POWER<br>Lara |
|                                            |    | 2<br>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>Joennelle              | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Steph                  |   |                                      |
|                                            |    | 4<br>5:30 PM (1hr)<br>YOGA FOR STRESS<br>Jessie       | 4 | 5:30 PM (1hr)<br>PILATES<br>Tasha                | 4 | 5:30 PM (1hr)<br>YOGA<br>Nancy                   | 4 | 5:30 PM (1hr)<br>PILATES<br>Jade                 |   |                                      |
|                                            |    | 3<br>5:30 PM (45m)<br>CYCLING<br>Mo                   | 6 | 5:30 PM (45m)<br>ROW STRENGTH<br>Shannon         | 3 | 5:30 PM (45m)<br>CYCLING<br>Mo                   |   |                                                  |   |                                      |
|                                            |    | 5<br>5:30 PM (45m)<br>SHARKS<br>Felix                 |   |                                                  | 1 | 5:30 PM (45m)<br>SHARKS<br>Felix                 |   |                                                  | 5 | 5:30 PM (45m)<br>SHARKS<br>Felix     |
| 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          |   |                                      |

SHARKS SWIM TEAM PRIVATE CLASSES

## WEEKEND GROUP EXERCISE SCHEDULE

| S = STUDIO |    | S | SATURDAY      | CLASS AND INSTRUCTOR                                                       |
|------------|----|---|---------------|----------------------------------------------------------------------------|
| 7:30       | am | 4 | Every         | YOGA: 1- Gerry 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                           |
| 10:30      | am | 6 | 1st, 3rd, 5th | ROW STRENGTH: 1- Lara 3-Melissa 5-Kate - 45m                               |
|            |    | 5 | 2nd & 4th     | BOXING: Dustin                                                             |
|            |    | 5 | Every         | TUMBLING TIME: 0-5 yrs. Must be accompanied by an adult. Open tumble time. |
|            |    |   | Every         | FIT LAB: Rotating - See Schedule                                           |
|            |    |   | 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 &amp; 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 Fitness on Demand, require a FREE FOD Account. Sign up for the App 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         | 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 |