

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: October 1, 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) CORE 30 Aaron	1	8:15 AM (45m) STRONG MAMA Abby	2	8:30 AM (30m) CORE 30 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 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) BARRELATES 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 Kate W	1	10:30 AM (45m) BEYOND THE CHAIR Abby	1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne	1	10:30 AM (45m) BEYOND THE CHAIR Kate W	1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne	
				2	10:30 AM (45m) HOME SCHOOL PE Andrea			2	10:30 AM (45m) HOME SCHOOL PE Andrea			
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 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 Tasha	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 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		
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- Mo 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						
10:30	am	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 & 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				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							

SHARKS SWIM TEAM PRIVATE CLASSES