

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: October 22, 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 Tori	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) DANCE FITNESS 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

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 Joennelle	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 Shannon		
		3 5:30 PM (45m) CYCLING Mo	6	5:30 PM (45m) ROW STRENGTH Ending Oct. 27 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
		5	2nd & 4th	BOXING: Dustin
10:30	am	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