# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

## Effective: November 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 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 Kathrina | 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 | | |

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 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 4:00 | pm | 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 | 1 | 4:00 PM (30m)<br>SHARKS<br>Felix | 1 | 4:15 PM (45m)<br>SHARKS<br>Felix |
| 4:30 | pm | 2 | 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>YOUTH HIP HOP<br>6-12 yrs<br>Marshawn | | |
| | | 4 | 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 | 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 | 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>Joenelle | 2 | 5:30 PM (1hr)<br>ZUMBA<br>Steph | | |
| | | 4 | 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>Shannon | | |
| | | 3 | 5:30 PM (45m)<br>CYCLING<br>Mo | | | 3 | 5:30 PM (45m)<br>CYCLING<br>Mo | | | | |
| | | 5 | 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 | | |

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 |