

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: October 7, 2024

NEW or CHANGES

KIDS' CLASSES

ZOOM & IN STUDIO CLASSES

| S = STUDIO # | | S | MONDAY | S | TUESDAY | S | WEDNESDAY | S | THURSDAY | S | FRIDAY |
|--------------|----|---|----------------------------------|---|--|---|---------------------------------------|---|----------------------------------|---|----------------------------------|
| 5:00 | | | | | | | | | | 5 | ATHLETIC STRENGTH (45M) Aaron |
| 5:15 | am | 1 | GROUP POWER DJ | | | 1 | GROUP POWER Becky | | | 1 | GROUP POWER DJ |
| | | 3 | CYCLING (45M) Silas | 3 | CYCLING (45M) DJ | 3 | CYCLING (45M) Silas | 3 | CYCLING (45M) John | 3 | CYCLING (45M) Becky |
| 5:30 | am | 5 | START WITH STRENGTH (45M) Bonnie | 5 | HIIT Bonnie | 5 | START WITH STRENGTH (45M) Bonnie | 5 | HIIT Bonnie | | |
| 6:00 | am | | | 4 | YOGA (45M) Becky | | | 4 | YOGA (45M) Kelly | | |
| 8:00 | am | 4 | YOGA Gerry | 5 | GENTLE YOGA Leah | 4 | YOGA Gerry | 5 | GENTLE YOGA Leah | 4 | YOGA Gerry |
| | | 5 | WEIGHT TRAINING INTERVALS Carrie | | | 5 | HEAVY LIFTING Carrie | | | 5 | WEIGHT TRAINING INTERVALS Carrie |
| | | 2 | BARRE Joy | | | | | | | | |
| 8:30 | am | | | 2 | HARD CORE (30M) Lara | | | 2 | HARD CORE (30M) Lara | | |
| 9:00 | am | | | | | D | DISCOVERY PLAYGROUP** (3-5 yrs) Aimee | | | | |
| | am | 4 | MEDITATIVE YOGA Kelly | | | 4 | BUTI YOGA Lara | | | 4 | BUTI YOGA Lara |
| | | 3 | CYCLING Melissa | 3 | CYCLING Kate | 3 | CYCLING Nancy | 3 | CYCLING Kate | 3 | CYCLING Melissa |
| | | 2 | ZUMBA Yvonne | 1 | ROCK BOTTOM Melissa | 2 | ZUMBA Yvonne | 1 | FIT HAPPENS Melissa | 2 | YOUNG AT HEART Yvonne |
| 9:15 | am | 5 | CHAIR STRENGTH Abby | 5 | SENIOR STRETCH (45M) Leah | 5 | SENIOR STRETCH (45M) Leah | 5 | SENIOR STRETCH (45M) Leah | 5 | CHAIR STRENGTH Abby |
| | | 1 | GROUP POWER Becky | 4 | YOGA/PILATES Sharon | 1 | HIIT FUSION Abby | 4 | PILATES Kathrina | 1 | GROUP POWER Sharon |
| 10:30 | am | 5 | YOGA Stuart | 4 | YOGA FOR STRESS Jessie | 5 | YOGA Stuart | 4 | YOGA FOR STRESS Jessie | 5 | YOGA Stuart |
| | | | | 5 | LITTLE TUMBLERS** 1-5 yrs (45M) Thomas | | | 5 | MUSIC & ME** 0-5 yrs (45M) Aimee | | |
| | | 1 | FULL BODY STRENGTH Kate M. | 1 | | 1 | FULL BODY STRENGTH Yvonne | 1 | | 1 | FULL BODY STRENGTH Yvonne |

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

All classes are 1 hour unless indicated otherwise.

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 |
|------|----|----|---------------------------------------|----|--|----|---------------------------------------|----|---------------------------------------|----|--|
| 3:30 | pm | FC | TRAINER ON THE FLOOR | FC | TRAINER ON THE FLOOR | FC | TRAINER ON THE FLOOR | FC | TRAINER ON THE FLOOR | FC | TRAINER ON THE FLOOR |
| 4:30 | pm | 1 | FUN & FIT 6-12 yrs (45M) Thomas | 2 | CREATIVE MOVEMENT 6-12yrs (45M) Kathrina | 1 | FUN & FIT 6-12 yrs (45M) Thomas | 1 | FUN & FIT 6-12 yrs (45M) Thomas | 2 | DANCE EXPRESSION 6-12 yrs (45M) Joy |
| | pm | | | 4 | BUTI YOGA Nikki | 4 | PRENATAL YOGA** Lara | 4 | BUTI YOGA Nikki | | |
| 5:30 | pm | 1 | GROUP POWER Lara | 1 | BODY BLAST Brandon | 1 | HIIT Brandon | 1 | MOVE STRONG Allen | 1 | GROUP POWER Lara |
| | | 2 | ZUMBA Steph | 2 | ZUMBA Steph | 2 | ZUMBA Joenelle | 2 | ZUMBA Steph | | |
| | | 4 | YOGA FOR STRESS Jessie | 4 | PILATES Kathrina | 4 | YOGA Nancy | 4 | BARRE-LESS BARRE Joy | | |
| | | 3 | CYCLING Rotating | | | 3 | CYCLING Carrie | | | | |
| | | | | | | 5 | POUND (45M) Shannon | | | | |
| 6:00 | pm | | | 5 | BOXING Dustin | | | 5 | BOXING Dustin | | |

WEEKEND GROUP EXERCISE SCHEDULE

| S = STUDIO | | S | SATURDAY | CLASS AND INSTRUCTOR |
|------------|----|---|---------------|--|
| 7:30 | am | 4 | Every | YOGA: 1- Becky, 2-Kelly, 3- Nancy, 4-Kelly 5- Becky |
| 8:00 | am | 3 | Every | CYCLING: 1- Carrie, 2- Kylie, 3- Kate, 4- Becky, 5- Melissa |
| 9:15 | am | 1 | 1st, 3rd, 5th | GROUP POWER: 1- Becky, 3-Becky, 5- Becky |
| | | 1 | 2nd & 4th | HIIT: 2- Bonnie, 4 -Bonnie |
| | | 2 | Every | ZUMBA: 1- Joenelle, 2- Steph, 3- Caitlin, 4- Yvonne, 5- Sherri |
| | | 4 | Every | YOGA: 1- Sarah, 2-Sarah, 3- Sarah, 4-Sarah 5- Sarah |
| 9 to 12 | am | O | Every | PICKLE BALL: See Member Services Desk to check out equipment |
| 10:30 | am | 5 | Every | TUMBLING TIME: 0-5 yrs. Must be accompanied by an adult. Open tumble time. |
| 9 to 12 | am | 5 | SUNDAY | PICKLE BALL: See Sauna Desk to check out equipment |

5 & D = Y South Building FC = Fitness Center BR= Y South Back Room O= Outdoor Sports Court

Equipment Orientations** offered Tuesdays at 8am and Wednesdays at 5:30pm Register at Member Services Desk

*Indicates paid program **Registration Required

Zoom classes do not require registration.

FALL SAUNA SCHEDULE

Effective September 30, 2024

| Day | Morning & Afternoon | Evening |
|-------------------|---------------------|-------------------|
| Monday - Thursday | 5:30 am - 12:30 pm | 4:30 pm - 8:30 pm |
| Friday | 5:30 am - 12:30 pm | 4:30 pm - 8:30 pm |
| Saturday | 8:30 am - 2:00 pm | |
| Sunday | 8:30 am - 2:00 pm | |