

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: November 1, 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 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				
		2	ZUMBA Yvonne	2	RHYTHMIC ENERGY Susanne	2	ZUMBA Yvonne	2	RHYTHMIC ENERGY Susanne	2	YOUNG AT HEART Yvonne
	am	3	CYCLING Melissa	3	CYCLING Kate	3	CYCLING Nancy	3	CYCLING Kate	3	CYCLING Melissa
				1	ROCK BOTTOM Melissa			1	FIT HAPPENS Melissa		
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
		4	MEDITATIVE YOGA Kelly	4	YOGA/PILATES Sharon	4	BUTI YOGA Erin	4	PILATES Kathrina	4	BUTI YOGA Erin
		1	GROUP POWER Becky			1	BELLS & BARS Abby			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	1	CREATIVE MOVEMENT 6-12yrs (45M) Kathrina	1	FUN & FIT 6-12 yrs (45M) Thomas	1	FUN & FIT 6-12 yrs (45M) Thomas		
	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	ATHLETIC STRENGTH Allen	1	GROUP POWER Lara
		2	ZUMBA Steph	2	ZUMBA Steph	2	ZUMBA Joenelle	2	ZUMBA Steph	2	ZUMBA Caitlin
		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		

## SATURDAY 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- Sheri, 2- Steph, 3- Caitlin, 4- Yvonne, 5- Joenelle
		4	Every	YOGA: 1- Sarah, 2-Sarah, 3- Sarah, 4-Sarah 5- Sarah
		5	2nd & 4th	BOXING: Dustin
10:30	am	R	Every	FIT LAB: Rotating Beginning November 9
9 to 12	am	O	Every	PICKLE BALL: See Member Services 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				
<b>Trainer on the Floor***: Trainer in the fitness center to help members with equipment</b>				
*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	