

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: January 19, 2025

NEW or CHANGES		KIDS' CLASSES					ZOOM & 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	
		1	5:15 AM (1hr) GROUP POWER DJ			1	5:15 AM (1hr) GROUP POWER Becky			1	5:15 AM (1hr) GROUP POWER DJ
		3	5:15 AM (45m) CYCLING Silas	3	5:15 AM (45m) CYCLING DJ	3	5:15 AM (45m) CYCLING Silas	3	5:15 AM (45m) CYCLING John	3	5:15 AM (45m) CYCLING Becky
		5	5:30 AM (45m) START WITH STRENGTH Bonnie	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 Becky			4	6:00 AM (45m) YOGA Kelly			
8:00 & 8:30	am	4	8:00 AM (1hr) YOGA Nancy	5	8:00 AM (1hr) GENTLE YOGA Leah	4	8:00 AM (1hr) YOGA Gerry	5	8:00 AM (1hr) GENTLE YOGA Leah	4	8:00 AM (1hr) YOGA Gerry
		5	8:00 AM (1hr) WEIGHT TRAINING INTERVALS Dustin			5	8:00 AM (1hr) HEAVY LIFTING Dustin			5	8:00 AM (1hr) WEIGHT TRAINING INTERVALS Dustin
		2	8:00 AM (1hr) BARRE Joy	2	8:30 AM (30m) HARD CORE Lara			2	8:30 AM (30m) HARD CORE Lara		
9:00 & 9:15	am				D	9:00 AM (1hr) DISCOVERY PLAYGROUP** (3-5 yrs) Aimee					
		2	9:00 am (1hr) YOUNG AT HEART Yvonne	1	9:00 AM (1hr) ROCK BOTTOM Melissa	2	9:00 AM (1hr) ZUMBA Susanna	1	9:00 AM (1hr) UPPER BODY BLAST Melissa	2	9:00 AM (1hr) ZUMBA Joanelle
		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
		5	9:15 AM (1hr) CHAIR STRENGTH Abby	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
		4	9:15 AM (1hr) MEDITATIVE YOGA Kelly	4	9:15 AM (1hr) YOGA/PILATES Sharon	4	9:15 AM (1hr) BUTI YOGA Erin	4	9:15 AM (1hr) PILATES Kathrina	4	9:15 AM (1hr) BUTI YOGA Erin
		1	9:15 AM (1hr) GROUP POWER Becky	2	9:15 AM (1hr) RHYTHMIC ENERGY Susanna	1	9:15 AM (1hr) KETTLEBELLS Abby	2	9:15 AM (1hr) RHYTHMIC ENERGY Susanna	1	9:15 AM (1hr) GROUP POWER Sharon
		5	10:30 AM (1hr) YOGA Rotating	4	10:30 AM (1hr) YOGA FOR STRESS Jessie	5	10:30 AM (1hr) YOGA Rotating	4	10:30 AM (1hr) YOGA FOR STRESS Jessie	5	10:30 AM (1hr) YOGA Rotating
10:30	am	1	10:30 AM (1hr) FUNCTIONAL STRENGTH Kate M.	5	10:30 AM (45m) LITTLE TUMBLERS** 1-5 yrs (45M) Thomas	1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne	5	10:30 AM (45m) MUSIC & ME** 0-5 yrs (45M) Aimee	1	10:30 AM (1hr) FUNCTIONAL STRENGTH Yvonne

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
4:30	pm	2	4:30 PM (45m) FUN & FIT 6-12 yrs Thomas	1	4:30 PM (45m) CREATIVE MOVEMENT 6-12 yrs Kathrina	2	4:30 PM (45m) FUN & FIT 6-12 yrs Haley	1	4:30 PM (45m) FUN & FIT 6-12 yrs Haley		
				4	4:30 PM (1hr) BUTI YOGA Nikki	4	4:30 PM (1hr) PRENATAL YOGA** Lara	4	4:30 PM (1hr) BUTI YOGA Nikki		
5:30	pm	1	5:30 PM (1hr) GROUP POWER Lara	1	5:30 PM (1hr) WEIGHT TRAINING INTERVALS Brandon	5	5:30 PM (1hr) BOOTCAMP Brandon			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	2	5:30 PM (1hr) ZUMBA Caitlin
		4	5:30 PM (1hr) YOGA FOR STRESS Jessie	4	5:30 PM (1hr) PILATES Kathrina	4	5:30 PM (1hr) YOGA Nancy	4	5:30 PM (1hr) BARRE-LESS Joy		
		3	5:30 PM (1hr) CYCLING Mallory			3	5:30 PM (1hr) CYCLING Carrie				
6:00	pm			5	6:00 PM (1hr) BOXING Dustin			5	6:00 PM (1hr) 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- Sheri, 5- Sheri
		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 (check schedule)
		5	Every	TUMBLING TIME: 0-5 yrs. Must be accompanied by an adult. Open tumble time.
9 am - 2 pm		5	SUNDAY	PICKLE BALL: See Sauna Desk to check out equipment
All Day		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

**Trainer on the Floor Available Monday - Friday 3:30-5:30 PM**

\*Indicates paid program    \*\*Registration Required

Zoom classes do not require registration.

## WINTER SAUNA SCHEDULE

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	