

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Updated: June 14, 2019

YOUTH CLASSES

NEW or CHANGES

COMING SOON!

S = STUDIO #	S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY		
5:15	am	3	CYCLING (45M) Silas	3	CYCLING (45M) Becky	3	CYCLING (45M) Silas	3	RHYTHM RIDE (45M) Holly	3	CYCLING (45M) Becky	
		1	STRENGTH TRAIN TOGETHER Becky								1	STRENGTH TRAIN TOGETHER Lara
				4	YOGA / PILATES EXPRESS (45 M) Laura				4	YOGA / PILATES EXPRESS (45 M) Laura		
5:30	am			1	HIFT INTERVALS Dale			1	HIFT INTERVALS Dale			
6:00	am			4	YOGA Becky			4	YOGA Stuart			
8:00	am	4	YOGA Gerry	4	PILATES Megan	4	YOGA Gerry	4	PILATES Megan	4	BEGINNING YOGA Gerry	
		1	TABATA Megan	1	STRENGTH TRAIN TOGETHER Lara	1	WOMEN'S HEAVY LIFTING (45M) Megan	1	STRENGTH TRAIN TOGETHER Sharon	1	TABATA Megan	
		2	FUN & FIT (6-12 yrs) Abby	2	GENTLE YOGA (45M) Leah				2	GENTLE YOGA (45M) Leah		
9:00	am	3	CYCLING Melissa	3	CYCLING April	3	RHYTHM RIDE Jill	3	CYCLING April	3	CYCLING Melissa	
		1	STRENGTH TRAIN TOGETHER Yvonne	1	ROCK BOTTOM Melissa	1	HIIT IT! Abby	1	FIT HAPPENS Melissa	1	STRENGTH TRAIN TOGETHER Sharon	
		2	ZUMBA GOLD Haley & Andreanna	2	SENIOR STRETCH Leah	2	SENIOR STRETCH Leah	2	SENIOR STRETCH Leah	2	YOUNG AT HEART Yvonne	
		F C	FITNESS CENTER ORIENTATION	G Y M	ZUMBA Steph	G Y M	ZUMBA Michelle & Yvonne	G Y M	ZUMBA Yvonne			
		4	BUTI YOGA Katie	4	YOGA/PILATES Sharon 9:15am	4	POWER YOGA Lara	4	YOGA/PILATES Sharon 9:15am	4	BUTI YOGA Katie	
		Y	MUSIC & ME (1 - 5 yrs)	B	LIL CHEFS* (3 - 5 yrs) \$3	Y	MUSIC & ME (1 - 5 yrs)	B	STEAM* (3-5 yrs) \$3			
10:00	am					FC	FITNESS CENTER ORIENTATION	1	PLAY GYM* 10:15 (45M) (3-5yrs) \$5	4	YOGA Courtney	
10:30	am	4	YOGA Lara	4	PRENATAL YOGA Melissa	4	YOGA Stuart	4	PRENATAL YOGA Melissa			
		1	SENIOR FITNESS Suzanne			1	SENIOR FITNESS Yvonne			1	SENIOR FITNESS Yvonne	
11:00	am	2	ENHANCE FITNESS* (for limited mobility)			2	ENHANCE FITNESS* (for limited mobility)			2	ENHANCE FITNESS* (for limited mobility)	
12:00	pm			4	YOGA/PILATES EXPRESS (45M) Leah M.			4	YOGA/PILATES EXPRESS (45M) Melissa			

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

All classes are 1 hour unless indicated otherwise.

AFTERNOON & EVENING GROUP EXERCISE CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
3:00	pm	1	GYMNASTICS / DANCE* (45M) (5-8 yrs) \$25								
		F C	OPTIMAL WEIGHT TRAINING (10 yrs) Dale	F C	OPTIMAL WEIGHT TRAINING (10+ yrs) Dale			F C	OPTIMAL WEIGHT TRAINING (10+ yrs) Dale		
		B	KIDS COOKING* (5-12 yrs) \$3								
4:00	pm	1	KIDFIT (5-10 yrs) Dale	1	GYMNASTICS (45M) (4-8 yrs) \$25			1	KIDFIT (5-10 yrs) Dale	1	FAMILY KICKBOXING Dale
4:30	pm	3	CYCLING (45M) Sherry			3	CYCLING (45M) Kate			3	CYCLING 1-3 Becky 4-5 Kate
		4	PRENATAL YOGA Melissa	4	BUTI YOGA Katie	4	GENTLE YOGA Stuart	4	BUTI YOGA Katie		
						1	STRENGTH TRAIN TOGETHER Becky				
5:00	pm			FC	FITNESS CENTER ORIENTATION						
5:30	pm	3	CYCLING Sherry	3	CYCLING Kate	3	CYCLING John	3	CYCLING Carrie		
		1	STRENGTH TRAIN TOGETHER Melissa	1	HIIT IT! Abby	1	TABATA Megan	1	HIIT IT! Abby	1	STRENGTH TRAIN TOGETHER DJ
		4	POWER YOGA DJ (75M)	4	YOGA Stuart	4	POWER YOGA DJ (75M)	4	YOGA Kelly		
		2	ZUMBA Steph	2	ZUMBA Treneee	2	ZUMBA Steph & Trenee	2	ZUMBA Steph & Sherri		
6:00	pm			C	CHESS CLUB Free Open Play 6 - 8 pm						
6:30	pm			1	YOUTH KARATE (6-12 yrs) \$30			1	YOUTH KARATE (6-12 yrs) \$30		
7:30	pm			1	TEEN/ADULT KARATE/ \$35			1	TEEN/ADULT KARATE/ \$35		

SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO	S	SATURDAY	CLASS AND INSTRUCTOR
8:00	am	3	Every CYCLING: 1-Holly, 2-Becky, 3-Kate, 4-Karen 5-Becky
		1	Every STRENGTH TRAIN TOGETHER: 1- Yvonne, 2-Melissa, 3-Sharon, 4-Lara 5-Becky
9:00	am	2	Every ZUMBA: 1-Treneee, 2- Stephanie, 3-Treneee, 4-Yvonne, 5-Sherri
		1	1st/2nd HIIT: Abby
			3rd HIFT INTERVALS: Dale
			4th/5th HIIT: Lara
		4	1st/3rd/5th BUTI YOGA: Katie
			2nd/4th PRENATAL YOGA: Melissa Free; open to community members
10:30	am	4	1st & 3rd YOGA (90M): Kristy
		4	2nd, 4th & 5th YOGA: 2-Abby, 4 & 5-Sharon
S = STUDIO	S	SUNDAY	CLASS AND INSTRUCTOR
8:15	am	3	Every RHYTHM RIDE: Holly

*Indicates paid program **Phoenix Charter Academy Program