

SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: July 1, 2021

NEW or CHANGES
 KIDS' CLASSES
 ZOOM & IN STUDIO CLASSES

| S = STUDIO # | S | MONDAY | S | TUESDAY | S | WEDNESDAY | S | THURSDAY | S | FRIDAY | |
|--------------|----|--------|---|---------|-----------------------------------|--------------------|--|----------|--|------------------|--|
| 5:15 | am | 1 | GROUP POWER DJ | | 1 | GROUP POWER Sharon | | | 1 | GROUP POWER Lara | |
| | | 3 | CYCLING (45M) Silas | 3 | CYCLING (45M) Becky Begins July 6 | 3 | CYCLING (45M) Silas | 4 | BUTI YOGA (45M) Sharon Begins July 8 | 3 | CYCLING (45M) Becky |
| 5:30 | am | | GYM | | HIIT Malory | | GYM | | HIIT Malory | | |
| 6:00 | am | | 4 | | YOGA (45M) Becky Begins July 6 | | 4 | | YOGA (45M) Kelly Begins July 8 | | |
| 8:00 | am | SOUTH | YOGA Gerry | SOUTH | GENTLE YOGA (45M) Leah | SOUTH | YOGA (45M) Gerry | SOUTH | GENTLE YOGA (45M) Leah | SOUTH | YOGA Gerry |
| | | GYM | WEIGHT TRAINING INTERVALS Megan | | | 1 | HEAVY LIFTING Megan | | | GYM | WEIGHT TRAINING INTERVALS Megan |
| 9:00 | am | 3 | CYCLING Melissa | 3 | CYCLING Kate | 3 | ENDURANCE RIDE Melissa | 3 | CYCLING Kate | 3 | CYCLING Melissa |
| | | | | SOUTH | SENIOR STRETCH (45M) Leah | SOUTH | SENIOR STRETCH (45M) Leah | SOUTH | SENIOR STRETCH (45M) Leah | | |
| | | | | C | STEAM* Chloe (3-5 yrs) \$3 | | | C | STORYTIME & CRAFT* Carol (3-5 yrs) \$3 | | |
| 9:15 | am | | | 4 | YOGA/PILATES Sharon | 4 | BUTI YOGA Lara | 4 | YOGA/PILATES Jessica | 4 | BUTI YOGA Lara |
| | | 1 | GROUP POWER Lara | 1 | ROCK BOTTOM Melissa | 1 | HIIT Abby | 1 | FIT HAPPENS Melissa | 1 | GROUP POWER Sharon |
| 10:30 | am | SOUTH | YOGA Stuart | | | SOUTH | YOGA Stuart | | | SOUTH | YOGA Stuart |
| | | 1 | FULL BODY STRENGTH (INTERMEDIATE) Suzanne | | | 1 | FULL BODY STRENGTH (INTERMEDIATE) Yvonne | | | 1 | FULL BODY STRENGTH (INTERMEDIATE) Yvonne |

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 |
|--------------|----|--------|-------------------------------------|----------------------------------|---|---|-------------------------------------|----------------------------------|-------------------------------------|---|-------------------|
| 4:00 | pm | 1 | RIPPED KIDS JR (5-7) Brittany | 1 | RIPPED KIDS (8-11) Brittany | 1 | RIPPED KIDS JR (5-7) Brittany | 1 | RIPPED KIDS (8-11) Brittany | | |
| | | | | 2 | Creative Movements for Kids* (Ages 4-8) | | | | | | |
| 4:30 | pm | | | 4 | BUTI YOGA Lara | | | 4 | BUTI YOGA Lara | | |
| 5:00 | pm | | | 3 | CYCLING ORIENTATION (15M) Carrie (1st Tuesday of every month) | | | | | | |
| 5:30 | pm | 1 | GROUP POWER Melissa | 1 | HIIT Abby | | | 1 | HIIT 1,3,5-Abby 2&4- Brittany | 1 | GROUP POWER DJ |
| | | 2 | ZUMBA Stephanie | 2 | ZUMBA Stephanie | 1 | TABATA Melissa | 2 | ZUMBA Treneee | | |
| | | F C | EQUIPMENT ORIENTATION Lara | 4 | YOGA (INTERMEDIATE) Stuart | | | 4 | YOGA (INTERMEDIATE) Stuart | | |
| | | 3 | CYCLING Sherry | 3 | CYCLING Carrie | 3 | CYCLING John | 3 | CYCLING Rotating Instructor | | |
| 6:30 | pm | | S O U T H | YOUTH KARATE* (5-12 yrs) \$50 | | | S O U T H | YOUTH KARATE* (5-12 yrs) \$50 | | | |
| 7:30 | pm | | S O U T H | TEEN/ADULT KARATE* \$55 | | | S O U T H | TEEN/ADULT KARATE* \$55 | | | |

SATURDAY GROUP EXERCISE SCHEDULE

| S = STUDIO | | S | SATURDAY | CLASS AND INSTRUCTOR |
|------------|----|---|---------------|---|
| 8:00 | am | 3 | Every | CYCLING: 1- Becky, 2- Tamy, 3- Kate, 4- Carrie, 5- Tamy |
| 9:15 | am | 1 | Every | HIIT: 1- Brittany, 2- Abby, 3- Brittany, 4 -Bonnie, 5- Brittany |
| | | 2 | Every | ZUMBA: 1- Trenee, 2- Stephanie, 3- Joenelle, 4- Yvonne, 5- Sherri |
| | | 4 | 1st, 3rd, 5th | YOGA: 1- Abby, 3- Sharon, 5- Sharon |
| | | 4 | 2nd & 4th | BUTI YOGA: Lara |

*Indicates paid program **Phoenix Charter Academy Program

Zoom classes do not require registration.