

# SHASTA FAMILY YMCA GROUP EXERCISE & ACTIVITY SCHEDULE

Effective: December 1, 2020

NEW or CHANGES  
KIDS' CLASSES  
ZOOM CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
5:15	am	1	STRENGTH TRAIN TOGETHER DJ			1	STRENGTH TRAIN TOGETHER Sharon			1	STRENGTH TRAIN TOGETHER Lara
		E W B	CYCLING (45M) Silas	E W B	YOGA (45M) Becky	E W B	CYCLING (45M) Silas	E W B	YOGA (45M) Becky	E W B	CYCLING (45M) Becky
5:30	am			G Y M	HIIT Malory			G Y M	HIIT Malory		
8:00	am	Z O O M	YOGA Gerry	Z O O M	GENTLE YOGA (45M) Leah	Z O O M	YOGA Gerry	Z O O M	GENTLE YOGA (45M) Leah	Z O O M	YOGA Gerry
		G Y M	TABATA Megan			G Y M	HEAVY LIFTING Megan			G Y M	TABATA Megan
9:00	am	E W B	CYCLING Melissa	E W B	CYCLING Kate			E W B	CYCLING Kate	E W B	CYCLING Melissa
				Z O O M	SENIOR STRETCH Leah	Z O O M	SENIOR STRETCH Leah	Z O O M	SENIOR STRETCH Leah		
9:15	am	1	STRENGTH TRAIN TOGETHER Lara	G Y M	ROCK BOTTOM Melissa	G Y M	HIIT Brittany	G Y M	FIT HAPPENS Melissa	1	STRENGTH TRAIN TOGETHER Sharon
10:30	am	E W B	BUTI Lara			E W B	BUTI Lara			E W B	YOGA Courtney
						O S C	OUTDOOR YOGA Stuart				
		Z O O M	FOREVER FIT Suzanne			Z O O M	FOREVER FIT Yvonne			Z O O M	FOREVER FIT Yvonne
All classes are 1 hour unless indicated otherwise.											

AFTERNOON, EVENING AND WEEKEND SCHEDULE ON BACK

## AFTERNOON & EVENING GROUP EXERCISE CLASSES

S = STUDIO #		S	MONDAY	S	TUESDAY	S	WEDNESDAY	S	THURSDAY	S	FRIDAY
3:00	pm							GYM	OPTIMAL WEIGHT TRAINING (10+) Malory		
3:30	pm	GYM	Adaptive PE**			GYM	Adaptive PE**				
4:00	pm	GYM	RIPPED KIDS JR (5-7) Brittany	GYM	RIPPED KIDS (8-11) Malory	GYM	RIPPED KIDS JR (5-7) Brittany	GYM	RIPPED KIDS (8-11) Malory		
5:30	pm	1	STRENGTH TRAIN TOGETHER Melissa	GYM	HIIT Brittany	GYM	TABATA Melissa "Lissy"	GYM	HIIT Brittany	1	STRENGTH TRAIN TOGETHER DJ
		EWB	CYCLING Sherry	EWB	CYCLING Tamy	OSC	OUTDOOR CYCLING John	EWB	CYCLING Carrie		
		ZOOM	YOGA (75M) DJ			ZOOM	YOGA (75M) DJ				

## SATURDAY GROUP EXERCISE SCHEDULE

S = STUDIO		S	SATURDAY	CLASS AND INSTRUCTOR
8:00	am	EWB	Every	CYCLING: 1-Becky, 2-Kate, 3-Kate, 4-Carrie, 5-Tamy
9:15	am	GYM	Every	HIIT: 1- Brittany, 2-Brittany, 3-Brittany, 4-Lara, 5-Lara
10:30	am	EWB	2	BUTI: Lara

\*Indicates paid program \*\*Phoenix Charter Academy Program

**Zoom classes do not require registration.**