SHASTA
ATHLETIC CLUB

Group Exercise Class Schedule

Due to COVID-19, we are allowing 30 minutes transition time in between classes

Group Exercise Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	YOGA SET UP	ZUMBA w/KIT 45 min.		YOGA SET UP	ZUMBA LISA 8-9am		
8:30am	YOGA BARBARA 8:30-10am			YOGA BARBARA 8:30-10am		BODYPUMP SET UP	
9:00am		PILATES CONNIE 9-10am	SCULPT LISA 9-10am			BODYPUMP TONYA 9-10am	
9:30am							
10:00am							
10:30am	SILVER SNEAKERS LAUREL 10:30-11:30am		SILVER SNEAKERS LAUREL 10:30-11:30am		SILVER SNEAKERS LAUREL 10:30-11:30am		
11:00am		FUNCTIONAL FITNESS CLAUDIA 12pm-1pm		FUNCTIONAL FITNESS CLAUDIA 12pm-1pm			
11:30am							
12:00pm							
3:00pm							TABLE TENNIS 3-6pm
4:00pm					TABLE TENNIS 4-7pm		
5:00pm	BODYPUMP SET UP		BODYUPMP SET UP				
5:30pm	BODYPUMP TONYA 5:30-6:30pm	ZUMBA CARLEE 5:30-6:30pm	BODYPUMP TONYA 5:30-6:30pm	ZUMBA CARLEE 5:30-6:30pm			
7:00pm							

Yoga Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:30am		STRENGTH REHAB 7:30-8:30AM LAURA		STRENGTH REHAB 7:30-8:30AM LAURA	STRENGTH REHAB 7:30-8:30AM LAURA		
9:00am				ZUMBA KIT 9am			

POOL IS RESERVED FOR PT M-F 10:30AM-11:30AM

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	AQUACISE LESLIE 8am & 9am		AQUACISE LESLIE 8am & 9am		AQUACISE LESLIE 8am & 9am		
9:00am							
10:00am				POOL CLEANING 1 HR			
5:30pm							

Spin

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am		MATT		MATT			
6:00am							
6:30pm							