November **2026**

MOUNTAIN FITNESS SOUTH CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00-7:00 AM	SPIN	WENDY/BARB	CLASSROOM	●	●	●	●			
8:00-9:30 AM	IYENGAR YOGA LEVEL 1-2	SANDI	CLASSROOM		●					
8:00 – 9:30 AM	IYENGAR YOGA ALL LEVELS	SANDI	CLASSROOM				●		●	
8:30 – 9:30 AM	*PILATES	JOCETTE	CLASSROOM	●		●		●		
11:00-12:30 AM	CHI GONG/TAI CHI	LYRA	CLASSROOM	●		●		●		
11:30 – 1:00 PM	*YOGA	BLISS	CLASSROOM		●		●			
5:30 -- 6:30 PM	BUTI YOGA	MICHAELA	CLASSROOM	●						
5:30 – 6:30 PM	SPIN	KARLA	CLASSROOM		●					
5:30 – 6:30 PM	ZUMBA FITNESS	JOANN	CLASSROOM				●			
5:30 – 6:30 PM	BODY SCULPT	AIYISHA	CLASSROOM			●				
6:45 – 7:45 PM	BALLROOM DANCING	RICK & PEGGY	CLASSROOM			**$**	**$**			
7:00 – 8:00 PM	BELLY DANCING	MEGAN	CLASSROOM	**$**						

$ Indicates this is not a sponsored Mountain Fitness Class and there will be an extra charge

Belly Dance Class – Contact Megan @ 530-859-3929 for more information and pricing
Ballroom Dance – Contact Rick @ 415-215-2652 for more information and pricing

SHASTINA CLASS SCHEDULE

TIME	CLASS	INSTUCTOR	LOCATION	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00-9:00 AM	FLEX & STRENGTH	LANA	SHASTINA GYM	●		●		●		

Flex & Strength – A full body strength and flexibility workout in a circuit training format, utilizing weight machines and full body flexibility training.

THE WELLNESS CENTER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 – 7:30 AM	BLUE DOT	LINDA	GYM	●						
7:00 – 7:30 AM	HAVE A BALL	LINDA	GYM			●				
7:00 – 7:30 AM	FUN FRIDAY	LINDA	GYM					●		
11:00 – 11:30 AM	STRONG & TALL	LINDA	GYM	●						
11:00 – 11:30 AM	STANDING TALL & BALANCED	LINDA	GYM			●				
1:00 – 1:30 PM	STRONG & TALL	LINDA	GYM	●						
1:00 – 1:30 PM	STANDING TALL & BALANCED	LINDA	GYM			●				
1:00 – 1:30 PM	FUN FRIDAY	LINDA	GYM					●		

Blue Dot – 1 minute strength resistance exercises followed by a 3 minute cardio session
Have a Ball – Resistance/Core work on the stability ball
Fun Friday – High intensity interval training using weights and body weight
Standing Tall – Balance/Core work either standing or on a stability ball
STRONG & TALL – Resistance training with weights and bands as well as body weight based balance work

THE WELLNESS CENTER WATER CLASS SCHEDULE

** Please limit swim time if others are waiting*

*** Not a desirable time for children or family activities*

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
11:00 – 12:00 AM	AQUA FITNESS	LINDA V., CARLYE, AUDRA	POOL	●	●	●	●	●		
9:00 – 10:00 AM	LAP SWIMMING *		POOL	●	●	●	●	●		
2:00 – 3:00 PM	QUIET WATER TIME **		POOL							
2:00 – 4:00 PM	QUIET WATER TIME **		POOL							