# November 2026

## Siskiyou Family YMCA Group Exercise Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 5:30–6:30AM<br>**Mossa Ride**<br>Angela Martinez<br><br>9:15–9:45AM<br>**Gentle Gentle Yoga**<br>Video<br><br>10:00–11:00AM<br>**Fit for Life**<br>Jen Higelin<br><br>11:15AM–12:00PM<br>**Sit & Fit**<br>Jen Higelin<br><br>12:15–12:45PM<br>**Noon Circuit**<br><br>4:15–5:00PM<br>**Total Body Fit**<br>Jaime Graves<br>*Youth Activity Center*<br><br>5:30–6:30PM<br>**Zumba**<br>Carmen Aleman | 7:45–8:45AM<br>**Yoga**<br>Kellea Cooper<br><br>9:00–10:00AM<br>**Strength & Resistance**<br>Heather Halverson<br><br>10:00–10:45AM<br>**Wellness Circuit**<br>Heather Halverson<br>*Youth Activity Center*<br><br>11:00AM–12:00PM<br>**Gentle- Level 1 Yoga**<br>Video<br><br>12:15–12:45PM<br>**Noon Circuit**<br>Stephanie Rose<br><br>4:20–5:25PM<br>**Mossa POWER**<br>Akemi & Natalie<br><br>5:30–6:30PM<br>**Power Yoga**<br>Kim Eastman | 5:30–6:30AM<br>**Warrior Strength**<br>Angela Martinez<br><br>8:00–9:00AM<br>**Morning Stretch**<br>Lenita Higgs<br><br>9:15–9:45AM<br>**Gentle Gentle Yoga**<br>Video<br><br>10:00–11:00AM<br>**Fit for Life**<br>Jen Higelin<br><br>11:00AM–12:00PM<br>**Chair Strength and Stretching**<br>Heather Halverson<br><br>12:15–12:45PM<br>**Noon Circuit**<br><br>4:15–5:00PM<br>**Total Body Fit**<br>Jaime Graves<br>*Youth Activity Center*<br><br>5:30–6:30PM<br>**SPIN**<br>Janet Morrill | 5:30–6:30AM<br>**Mossa POWER**<br>Vina Swenson<br><br>9:00–10:00AM<br>**Strength & Resistance**<br>Heather Halverson<br><br>10:00–10:45AM<br>**Wellness Circuit**<br>Heather Halverson<br>*Youth Activity Center*<br><br>11:00AM–12:00PM<br>**Gentle- Level 1 Yoga**<br>Video<br><br>12:15–12:45PM<br>**Noon Circuit**<br>Stephanie Rose<br><br>4:30–5:25PM<br>**Mossa POWER**<br>Akemi & Natalie<br>*4:15 set up for class***<br><br>5:30–6:30pm<br>**STEP**<br>Andrea Gilman | 8:00–9:00AM<br>**Morning Stretch**<br>Lenita Higgs<br><br>9:15–9:45AM<br>**Gentle Gentle Yoga**<br>Video<br><br>10:00–11:00AM<br>**Fit for Life**<br>Jen Higelin<br><br>11:15AM–12:00PM<br>**Sit & Fit**<br>Jen Higelin<br><br>12:15–1:15PM<br>**Level 1-2 Yoga**<br>Video<br><br>5:30–6:30PM<br>**Zumba**<br>Carmen Aleman | 8:30–9:30AM<br>**Mossa POWER**<br>Akemi & Natalie<br><br>10:00–11:00AM<br>**Sunrise Yoga**<br>Akemi Dean<br><br>SAVE THE DATE!<br>UGLY CHRISTMAS SWEATER RUN<br>DECEMBER 19TH!!<br><br> |