

MONDAY

Time	Class	Room
6:00 - 7:00	Boot Camp	Studio 1 & 2-Maggie
6:00 - 7:00	Cycle/Abs ***	Cycle Studio-Deanne
8:15 - 9:15	Cycle ***	Cycle Studio-Carmen
8:30 - 9:30	Body Works	Studio 1&2-Rosanne
9:00 - 10:15	Yoga	Studio 3-Kelley
9:30 - 10:15	Cycle ***	Cycle Studio-Daniela
9:45 - 11:00	Low Impact Sizzle(E)	Studio 1 - Joanne
9:30 - 10:15	Stretch (E)	Studio 4-Lia
9:45 - 11:00	Step + BW/Adv	Studio 1&2-Vera
10:00 - 11:00	AFEP (E)	Patio Room-Marlenne
10:30 - 11:30	Power Yoga	Studio 4-Kerry
10:30 - 11:30	Pilates for Everyone (E)	Studio 3-Roberta
11:00 - 12:00	Tai Chi (E)	Studio 1-Bobbi
11:30 - 12:30	Pilates	Studio 3-Roberta
1:30 - 2:30	Balance Fit (E)	Studio 2-Bobbi
4:15 - 5:15	Running Club	Track - Maggie
4:30 - 5:25	Zumba	Studio1-Plezhette
5:30 - 6:30	Cycle ***	Cycle Studio-Rosanne
5:30 - 6:30	Step + BW	Studio 1-Dawn
5:30 - 6:45	Anusara Yoga	Studio 3-Alicia
6:00 - 7:15	Yoga	Studio 4-Meghan
6:00 - 6:30	All Abs	Studio 2-Denise
6:30 - 7:30	Dancercise	Studio 1- Lisa
6:30 - 7:30	Body Works	Studio 2-Denise
7:00 - 8:15	Yoga	Studio 3-Eden
7:15 - 8:15	Pilates	Studio 4-Dana
8:00 - 9:15	Hip Hop	Studio 1&2-Jasmine

TUESDAY

Time	Class	Room
6:00 - 7:00	Power Conditioning	Studio 1&2-Maggie
6:00 - 7:00	Anusara Yoga	Studio 3-Alicia
7:00 - 8:00	Cycle	Cycle Studio-Rosanne
8:00 - 9:00	Low Impact/Beg. (E)	Studio 2&4-Celia
8:30 - 9:15	Cycle ***	Cycle Studio-Daniela
8:30 - 9:30	Cardio Circuit	Studio 1&2-Vera
9:00 - 10:15	Yoga	Studio 3-Suzanne
9:15 - 10:15	Core Fusion	Studio 4-Rod
9:30 - 10:15	Cycle ***	Cycle Studio-Carmen
9:45 - 10:45	Stroller Fitness	Upper Parking Lot-Ann
9:45 - 11:00	Cardio Funky Dance	Studio 1&2-Darcel
10:30 - 11:45	Yoga	Studio 3-Kelley
10:30 - 11:45	Gentle Yoga (E)	Studio 4-Suzanne
11:00 - 12:00	Nia Dance ⚡	Studio 1&2-Nicole
5:00 - 6:00	Core Fusion	Studio 3-Eden
5:30 - 6:30	Cardio Kickboxing	Studio 1&2-Jill
6:00 - 7:15	Cycle/Abs ***	Cycle Studio-Denise
6:00 - 7:15	Iyengar Yoga	Studio 3- Andrea
7:00 - 8:15	Jazz	Studio 1-Malinda
7:30 - 8:45	Yoga	Studio 3-Meghan

WEDNESDAY

Time	Class	Room
6:00 - 7:00	Boot Camp	Studio 1&2-Maggie
6:00 - 7:00	Cycle/Abs**	Cycle Studio-Rosanne

WEDNESDAY (CONT.)

Time	Class	Room
6:30 - 7:30	Y's Fitness (E)	Studio 1&2-Anne
7:00 - 8:00	Pilates	Studio 3-Dana
8:15 - 9:15	Cycle/Abs ***	Cycle Studio-Rosanne
8:30 - 9:30	Body Works	Studio 1&2-Vera
9:00 - 10:15	Yoga	Studio 3-Eden
9:30 - 10:30	Cycle***	Cycle Studio-Joanne P.
9:30 - 10:30	Power Yoga 🌀	Studio 4-Kerry
9:45 - 11:00	Low Impact Sizzle(E)	Studio 1-Joanne
9:45 - 11:00	Step + BW Adv	Studio 2-Vera
10:00 - 11:00	AFEP (E)	Patio Room-Marlenne
10:30 - 11:30	Pilates (E)	Studio 4-Monica
10:30 - 12:00	Gentle Yoga (E)	Studio 3-Diane
11:00 -12:00	Balance Fit (E)	Studio 1&2-Bobbi
12:15 - 1:10	Pilates	Studio 2-Ann
1:30 - 2:30	Tai Chi Basics (E)	Studio 1-Bobbi
3:45 - 4:45	Power Yoga	Studio 3-Meghan
5:30 - 6:30	Cardio Circuit	Studio 1-Heather
5:30 - 6:30	Cycle	Cycle Studio-Carmen
5:30 - 7:00	Adv. Alex Tech.	Studio 4-Bill
5:30 - 6:45	Anusara Yoga	Studio 3-Alicia
6:00 - 6:30	All Abs	Studio 2-Denise
6:30 - 7:00	Hoop Dance	Studio 1-Leela
6:30 - 7:30	Body Works	Studio 2-Denise
7:00 - 8:15	Gentle Yoga (E)	Studio 4-Christie
7:00 - 8:00	Beg. Bellydance	Studio 1-Leela
7:00 - 8:30	Intro to Alex Tech.	Studio 3-Bill (Reg. Fee)
7:30 - 8:30	Ballroom Basics 🌀	Studio 2-Celia
7:30 - 8:30	Cycle 🌀	Cycle Studio-Gary

THURSDAY

Time	Class	Room
6:00 - 7:00	Power Conditioning	Studio 1&2-Maggie
6:00 - 7:00	Anusara Yoga	Studio 3-Alicia
7:00 - 8:00	Cycle	Cycle Studio-Brian
8:00 - 9:00	Low Impact/Beg. (E)	Studio 2&4-Celia
8:30 - 9:15	Cycle ***	Cycle Studio-Deanne
8:30 - 9:30	Cardio Circuit	Studio 1&2-Diane
9:00 - 10:15	Yoga	Studio 3-Emily
9:30 - 10:15	Cycle ***	Cycle Studio-Rosanne
9:30- 10:15	Stretch (E)	Studio 4-Diane
9:45- 10:45	Stroller Fitness	Upper Parking Lot-Ann
9:45 - 11:00	Cardio Funky Dance	Studio 1&2-Darcel
10:30-12:00	Gentle Yoga (E)	Studio 4-Diane
10:30 - 11:45	Yoga	Studio 3-Kelley
11:00 - 12:00	Tai-Chi (E)	Studio 1-Bobbi
3:45 - 4:45	Pilates	Studio 3-Monica
5:00 - 6:00	Core Fusion	Studio 3-Eden
5:30 - 6:30	Cycle ***	Cycle Studio-Howard
5:30 - 6:30	Body Works	Studio 1-Rosanne
6:00 - 7:15	Gentle Yoga 🌀	Studio 4-Susan
6:00 - 7:15	Kundalini Yoga	Studio 3-Ellia
7:15 - 8:15	Pilates ⚡	Studio 4-Dana
7:00 - 8:15	Cardio Funky Dance	Studio 1&2-Darcel
7:30 - 8:45	Yoga	Studio 3-Meghan

FRIDAY

Time	Class	Room
6:00 - 7:00	Cycle/Abs ***	Cycle Studio-Deanne
6:00 - 7:00	Y's Fitness	Studio 1&2-Anne
8:15 - 9:15	Cycle ***	Cycle Studio-Rosanne
8:30 - 9:30	Step + BW	Studio 1&2-Diane
8:30 - 9:30	Core Fusion ⚡	Studio 4-Jamie
9:00 - 10:15	Yoga	Studio 3-Suzanne
9:30 - 10:15	Stretch (E)	Studio 4-Diane
9:30 - 10:30	Cycle ***	Cycle Studio-Daniela
9:45 - 10:45	Zumba	Studio 1&2-Wendy
10:30 - 11:45	Yoga	Studio 3-Kelley
11:00 - 12:15	Jazz	Studio 1&2-Malinda
12:00 - 1:00	Meditation (E)	Chapel-Terry
5:00 - 6:00	Cycle ⚡	Cycle Studio-Teresa
5:00 - 6:00	Zumba	Studio 1-Shawn
5:30 - 6:45	Yoga	Studio 3-Nicole
5:30 - 6:45	Yoga (E)	Studio 4-Eden
6:00 - 7:00	Body Works	Studio 2-Anne
6:30 - 8:00	Running Club	Track-Iradj
6:45 - 8:00	Restorative Yoga	Studio 4-Lynda

SATURDAY

Time	Class	Room
8:15 - 9:30	Step Int/Adv	Studio 1&2-Dawn/Deb
8:15 - 9:00	Cycle ***	Cycle Studio-Carmen
9:00 - 10:00	Body Works	Studio 4-Louie
9:00 - 10:00	Yoga	Studio 3-Claire/Janine
9:15 - 10:00	Cycle ***	Cycle Studio-Diana
9:30 - 10:30	Cardio Kickboxing	Studio 1&2-Jacquie
10:15 - 11:30	Yoga	Studio 3-Eden
10:15 - 11:00	Chair Yoga (E)	Studio 4-Lynda
10:30 - 11:30	Dancercise	Studio 1&2-Lisa
11:15 - 12:30	Gentle Yoga (E)	Studio 4-Lynda
11:45 - 1:00	Cardio Funky Dance	Studio 1&2-Darcel
12:00 - 1:15	Yoga	Studio 3-Nicole/Janine
4:15 - 5:30	Iyengar Yoga (E)	Studio 3-Andrea

SUNDAY

Time	Class	Room
7:00 - 9:00	Running Club	Off Site-Iradj ⚡
10:15 - 11:15	Yoga	Studio 4-Meghan
11:15 - 12:00	Cycle ***	Cycle Studio-Howard/Gary
11:00 - 12:00	Cardio Step	Studio 2-Deb
11:15 - 12:30	Yoga	Studio 3-Moriah
12:00 - 1:00	Dancercise	Studio 1-Leilani
12:30 - 1:45	Restorative Yoga (E)	Studio 4-Lynda
12:15 - 1:15	Body Works	Studio 2- Howard/Anne
1:15 - 2:00	Ballet Tone	Studio 1-Leilani

Legend

*** = Reserve cycle at Welcome Desk 30 minutes prior.	⚡ = Time change
E = Suitable for entry-level	⚡ = Register at ext. 231
	🌀 = New class

Classes subject to change without notice

CLASS DESCRIPTION

AFEP: The Arthritis Foundation Exercise Program is non-clinical group participation with activities designed to improve joint motion and endurance.

Advanced Alexander Technique: Learn postural awareness. Improve balance, coordination and breathing. Must take six week introduction session.

All Abs: 30 minutes devoted to core strengthening.

Anusara Yoga: This yoga style is playful, weaving yogic philosophy throughout the practice. Instructor has Anusara inspired license.

Balance Fit: Entry level movement program focusing on key components of balance to help prevent falls. This class is designed to provide on-going support for graduates of the FallProof program.

Ballroom: Learn basic ballroom steps for swing, waltz, cha-cha and more.

Ballet Tone: Use ballet fundamentals to elongate and strengthen muscles.

Belly Dance: An excellent way to improve balance, coordination, muscle tone, and self-expression through graceful, Middle Eastern dance movements.

Boot Camp: Push for your personal best with boot-camp format class doing power drills, obstacle courses, running, calisthenics, bodyweight resistance training & more!

Jazz: This class makes popular jazz choreography simple enough for all levels to follow. Feel like a Broadway star while improving flexibility and cardio endurance.

Body Works (BW) / Power Conditioning: The ultimate muscular challenge. This class uses weights, bands, step, body bars, and resist-a-balls. The focus is muscular strength, endurance and flexibility.

Cardio Circuit: An exciting class combining hi/low, kickboxing, step and resistance training utilizing circuit, interval and continuous training formats.

Cardio Funky Dance: Hip-hop, jazz, Latin, and current dance moves choreographed into an easy-to-follow format. A fun class with hot music & a dynamic instructor!

Cardio Kickboxing: An exciting class combining basic boxing and kicking drills to promote cardiovascular endurance and strength.

Core Fusion: Concentrates on muscle conditioning and flexibility through traditional exercises and a fusion of Yoga and Pilates movements.

Cycle: A non-impact, high-energy cardio ride on stationary bikes simulating a road bike workout to music. In-person bike reservation is required at the service desk. Abs incorporated in some classes.

Dancercise: A low-impact format with easy to follow dance steps set to upbeat pop and Latin music. This dynamic class gives you a cardio workout while having fun.

Hoop Dance: Use modern, specially designed hula hoops for a playful workout. Increase your cardio endurance, and have fun burning calories.

Iyengar Yoga: Emphasis on the structural alignment of the body through the practice of postures.

Hip Hop: This high energy cardio dance class will deliver a great workout with an emphasis on fun!

Kundalini Yoga: A series of poses done with specific breath work to intensify the effects of the poses to release energy. Mudras and chanting make this a spiritual type of yoga.

Low Impact: A cardiovascular, non-jumping workout.

Low Impact Sizzle: A party-like cardio workout featuring a combination of easy to follow steps. Move to the Rhythms of Latin and popular music.

Nia: A cardio fusion of dance & martial arts.

Pilates: Develops muscles and improves posture. It increases flexibility and enhances alignment and coordination. Pilates is beneficial for all fitness levels.

Power Yoga: A vigorous, fitness-based approach to yoga set to fun, energizing music. Poses flow in rapid succession for a challenging workout.

Running Club: Train with a running coach who helps you set goals and gauge your progress. Plus, get support from runners of all ages and abilities.

Step + BW: Power movements and hot choreography gear you to the utmost in step training. Includes muscle conditioning.

Stretch: This class emphasizes stretches with a Pilates with relaxing breath work.

Tai Chi: A mind-body discipline to improve relaxation, balance and coordination. Basic class teaches beginning movements.

Y's Fitness: Entry level to moderate workout using weights, bands, and balls.

Yoga: Suitable for students who are either new to yoga or ongoing students who wish to enhance their practice. All classes are multi-level.

Gentle Yoga: Focus on releasing tight muscles, increasing range of motion and stress relief.

Restorative Yoga: Gentle poses to bring your whole body into a deep relaxed state.

Zumba: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a cardio experience that is exhilarating and energizing.

CLASS ETIQUETTE

- For your safety and the consideration of others, arrive on time for class. Class will be closed if full or too late.
- Appropriate footwear and shirts required.
- Closed, unbreakable bottles are allowed; no food or gum.
- Turn cell phones off during class.
- Notify instructor if need to modify workout.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY BE STRONG BE TOGETHER

Winter 2012 Group Exercise Schedule



Effective January 9, 2012

Crescenta-Cañada Family YMCA
1930 Foothill Blvd.
La Cañada Flintridge, CA 91011
(818) 790-0123
www.ymcafoothills.org

Substitute Instructor Hotline ext. 4
Additional Information ext. 231