

Crescenta-Cañada Family YMCA

Group Exercise Schedule - September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Body Conditioning 6:00 am Joanne P. *live & stream	HIIT Cardio 6:00 am James K.	Body Pump/Les Mills 6:00 am Joanne P.	*SGT 6:00 am Paige P.	Body Conditioning 6:00 am Ashley F. *live & stream	Cycle 7:30 am Daniela L.
Yoga 8:00 am Kelley F.	*SGT 6:00 am Ashley F.	*Pilates Reformer 8:00 am Charletha T.	Cycle 6:30 am Daniela L.	Body Conditioning 8:30 am Ashley F.	*Pilates Reformer 8:00 am Charletha T.
Body Conditioning 8:30 am Joanne P.	Cycle 6:30 am Alex L.	Step & Body Works 8:30 am Dawn K.	Cycle 8:30 am Joanne P.	*SGT 8:30 am Leila B.	Step & Body Works 8:15 am Dawn K.
Body Pump/Les Mills 9:45 am Mikael J.	Body Pump/Les Mills 8:30 am Joanne P.	*Pilates Reformer 9:00 am & 10:00 am Charletha T.	*SGT 8:30 am Ashley F.	Yoga 9:00 - 10:15 am Suzanne C.	*Pilates Reformer 9:00 am Charletha T.
*Pilates Reformer 10 & 11 am & 12 pm Arpi K.	Cycle Express (45 min) 8:30 am Mackenzie W.	Yoga 9:00 - 10:15 am Suzanne G.	Body Combat/Les Mills 8:30 am Claudine E.	*Pilates Reformer 8:00 am & 9:00 am Charletha T.	Cycle 9:00 am Teresa M.
Tai Chi 11:30 am David M.	*SGT 8:30 am Leila B.	Gentle Yoga 10:30 - 11:45 am Suzanne G.	Power Yoga 9:00 am Dylan Z.	Body Pump/Les Mills 9:45 am James K.	Zumba 9:30 am Lisa K.
Lunchtme Yoga 12:30 pm MaLisa M.	*Pilates Reformer 10:00 am & 11:00 am Charletha T.	Tai Chi 11:30 am David M.	Body Pump/Les Mills 9:45 am Claudine E.	*Pilates Reformer 10:00 am & 11:00 am MaLisa M.	Yoga 9:00 am Kelly F.
Body Pump/Les Mills 5:30 pm Claudine E.	Lunchtme Yoga 12:30 pm Kelley F.	Zumba Gold 12:30 pm Wendy R.	*Pilates Reformer 9:00,10:00 & 11:00 am Arpi K.	Roll & Restore 10:30 - 11:45 am Suzanne C.	Yoga 10:30 am Kelly F.
*Pilates Reformer 6:00 pm & 7:00 pm Arpi K.	*Pilates Reformer 5:00 pm Charletha T.	Body Pump/Les Mills 5:30 pm Ashley F.	Circuit Training 5:30 pm Lisa K.	Lunchtme Yoga 12:30 pm MaLisa M.	Body Pump/Les Mills 10:45 am Claudine E.
Zumba 7:00 pm Cecilia R.	Body Combat/Les Mills 5:30 pm Nikki C.	*Pilates Reformer 5:00 pm & 6:00 pm Charletha T.	*Pilates Reformer 5:00, 6:00 pm & 7:00 pm Arpi K.	Lunchtime Zumba 12:30 pm Wendy R.	
	Yoga 6:30 pm Kelley F.	Zumba 7:00 pm Rosa T.	Cycle 6:30 pm Alex L.	*Pilates Reformer 4:00 pm & 5:00 pm Charletha T.	
		Yoga 7:15 pm Courtney K.	Yin Yoga 6:30 pm Jane G.		
			Body Pump/Les Mills 6:45 pm Mikael J.		
SGT Center	Group Ex Studios	Yoga Studio	Pilates Studio	Cycle Studio	

*SGT & Pilates Reformer are fee-based classes

New classes in BLUE

CCY is located at 1930 Foothill Blvd., La Canada Flintridge, CA 91011

RESERVE YOUR SPOT on our app

FOR MORE INFORMATION, go to YMCAfoothills.org/schedules or email Rosanne at rosanne@ymcafoothills.org

