

# Crescenta-Cañada Family YMCA



## Group Exercise Schedule - November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Body Conditioning 6:00 am Joanne P.	HIIT Cardio 6:00 am James K.	Bodypump/Les Mills 6:00 am Joanne P.	Yoga 6:00 am Courtney K.	Body Conditioning 6:00 am Ashley F.	
Body Conditioning 6:00 am Joanne P. Live Stream	*SGT 6:00 am Ashley F.		*SGT 6:00 am Paige P.	Body Conditioning 6:00 am Ashley F. Live Stream	Cycle - Time Change 8:00 am Daniela L.
Yoga 8:00 am Kelley F.	Cycle 6:30 am Daniela L.	Step & Body Works 8:30 am Dawn K.	Cycle 6:30 am Daniela L.		Step & Body Works 8:15 am Dawn K.
Body Conditioning 8:30 am Joanne P.	Cycle 8:30 am Ashley F.	Yoga 9:00 - 10:15 am Suzanne G.	Cycle 8:30 am Joanne P.	Body Conditioning 8:30 am Ashley F.	Zumba 9:30 am Lisa K.
Bodypump/Les Mills 9:45 am Mikael J.	*SGT 8:30 am Leila B.	Gentle Yoga 10:30 - 11:45 am Suzanne G.	*SGT 8:30 am Ashley F.	Yoga 9:00 - 10:15 am Suzanne C.	Bodypump/Les Mills 10:45 am James K.
Gentle Yoga 10:00 am James S.	Bodypump/Les Mills 8:30 am Joanne P.		Body Combat/Les Mills 8:30 am Claudine E.		
Core/Les Mills 11:00 am Mikael J.	Core/Les Mills 9:45 am Joanne P.		Yoga 9:00 am Kitty	Bodypump/Les Mills 9:45 am James K.	
			Bodypump/Les Mills 9:45 am Claudine E.	Roll & Restore 10:30 - 11:45 am Suzanne C.	
Tai Chi 11:45 am David M.	Zumba 11:30 am Sarah U.	Tai Chi 11:30 am David M.		Zumba 11:30 am Sarah U.	
Lunchtme Yoga 12:30 pm MaLisa M.	Lunchtme Yoga 12:30 pm Kelley F.	Zumba 12:45 pm Karen A.	Zumba Express 4:30 pm Lisa K.	Lunchtme Yoga 12:30 pm MaLisa M.	
Bodypump/Les Mills 5:30 pm Claudine E.	Body Combat/Les Mills 5:30 pm Nikki C.	Bodypump/Les Mills 5:30 pm Ashley F.	Circuit Training 5:30 pm Lisa K.		
Core/Les Mills 6:45 pm Claudine E.	Cycle 6:30 pm Alex L.		Cycle 6:30 pm Leo L.	Zumba 5:30 pm Sarah U.	
	Yoga 6:30 pm Kelley F.	Zumba 7:00 pm Keimi J.	Bodypump/Les Mills 6:45 pm Mikael J.		
Zumba 7:15 pm Cecilia R.		Yoga 7:15 pm Courtney K.	Core/Les Mills 8:00 pm Mikael J.		
SGT Center	Group Ex Studios	Yoga Studio	Cycle Studio		

\*SGT is a fee-based classes

New classes in BLUE

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

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FOR MORE INFORMATION, go to [YMCA foothills.org/schedules](https://YMCA foothills.org/schedules) or email Rosanne at [rosanne@ymcafoothills.org](mailto:rosanne@ymcafoothills.org)

11/1/2024



# FITNESS CLASS ETIQUETTE

- 1) As a sign of respect for your fellow members and the class instructor, we kindly ask that you arrive on time. **Please note that members will not be able to join the class 5 minutes after it has begun.**
- 2) For the smooth running of the class, **the doors will be closed once the session has started.** We appreciate your understanding and request you refrain from entering once the doors are closed.
- 3) Keeping the doors closed will keep the air and music inside the studio, creating an enjoyable experience for all, both inside and outside.