

# CRESCENTA-CANADA FAMILY YMCA

Group Exercise Schedule - July 2026

## Class Location

Group Ex Studio	Yoga Studio
Cycle Studio	Boxing Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Body Conditioning/ Livestream 6:00 am Paige P.	HIIT Cardio/Livestream 6:00 am Amanda M.	Bodypump/Les Mills 6:00 am Joanne P.	HIIT Cardio/Livestream 6:00 am Paige P.	Body Conditioning/ Livestream 6:00 am Amanda M.	
		Cycle 6:30 am Daniela L.		Cycle 6:30 am Daniela L.		
	Yoga 8:00 am Kelley F.	Heavy/Les Mills 7:15 am Ashley F.				Bodypump/Les Mills 7:15 am Norell O.
	Body Conditioning 8:30 am Joanne P.	Cycle 8:30 am Ashley F.		Cycle 8:30 am Erin L.		Cycle 8:00 am Daniela L.
Zumba 9:00 am Kama K.	Bodypump/Les Mills 9:45 am Mikael J.	Bodypump/Les Mills 8:30 am Joanne P.	Step & Body Works 8:30 am Dawn K.	Heavy/Les Mills 8:30 am Ashley F.	Body Conditioning 8:30 am Ashley F.	Step & Body Works 8:30 am Dawn K.
Bodypump/Les Mills 10:15 am Sarina M.	Gentle Yoga 10:00 - 11:15 am Ro S.	Body Conditionioing 9:45 am Sarah U.	Bodypump/Les Mills 9:45 am Ashley F.	Yoga 9:00 am Monica	Yoga 9:00 - 10:15 am Suzanne C.	Zumba 9:45 am Lisa K.
Yoga 11:00 am Lynda M.	Core/Les Mills 11:00 am Mikael J.			Zumba 9:45 am Kama K.	Bodypump/Les Mills 9:45 am James K.	Body Conditioning 11:00 am Elvia M.
	Tai Chi 11:45 am David M.	Zumba 11:00 am Sarah U.		Boxing Bootcamp 10:00 am Elizabeth A.	Roll & Restore 10:30 am Suzanne C.	
	Lunchtime Yoga 12:30 pm Kelley F.	Heavy/Les Mills 12:30 am Norell O.	Tai Chi 11:30 am David M.		Zumba 11:30 am Sarah U.	
	Bodypump/Les Mills 5:30 pm Sarina M.	Lunchtime Yoga 12:30 pm Kelley F.	Zumba 12:45 pm Karen A.		Lunchtime Yoga 12:30 pm Kelley F.	
	Core/Les Mills 6:30 pm Sarina M.		Core/Les Mills 4:45 pm Mikael J.		Tai Chi 12:45 pm David M.	
	Boxing Bootcamp 6:30 pm Spencer	Dance Fusion 5:30 pm Nikki C.	Bodypump/Les Mills 5:30 pm Mikael J.	Boxing Bootcamp 6:30 pm Spencer	Heavy/Les Mills 4:45 pm Mikael J.	
	Zumba 7:15 pm Cecilia R.	Yoga 6:30 pm Kelley F.	Yoga 6:30 pm Ro S.	Bodypump/Les Mills 6:45 pm Sarina M.	Core/Les Mills 5:50 pm Mikael J.	
	Boxing Bootcamp 7:30 pm Spencer	Body Conditioning 6:45 pm Elvia M.	Zumba 7:00 pm Mahtab	Core/Les Mills 8:00 pm Sarina M.		

### NEW OR CLASS CHANGES

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

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

7/1/2026

# 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.