Crescenta-Cañada Family YMCAGroup Exercise Schedule - October, 2022 (Link Project)



HIIT 6:00 am 8:00 am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HIIT	*SGT	Body Pump/Les Mills	Cycle	HIIT	Cycle
Body Conditioning 8:30 am Joanne P. "Pilates Reformer 9:10 am Malisa M. Body Pump/Les Mills 9:45 am Mikael J. "Pilates Reformer 10:00 am Malisa M. Tai-Chi 11:30 am Bobbi K. Body Pump/Les Mills 5:30 pm Claudine E. "Pilates Reformer 10:00 am Bobbi K. Body Pump/Les Mills 5:30 pm Claudine E. "Pilates Reformer 10:00 am Bobbi K. Body Pump/Les Mills 5:30 pm Claudine E. "Pilates Reformer 10:00 am Bobbi K. Body Pump/Les Mills 5:30 pm Claudine E. "Pilates Reformer 10:00 am Bobbi K. Body Pump/Les Mills 5:30 pm Claudine E. "Pilates Reformer 10:00 am Bobbi K. Body Pump/Les Mills 5:30 pm Claudine E. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Body Pump/Les Mills 5:30 pm Charletha T. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Body Pump/Les Mills 5:30 pm Charletha T. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. Dawn K. "Pilates Reformer 10:00 am Bobbi K. Dawn K. Dawn K. Dawn K. Dawn K. "Pilates Reformer 10:00	6:00 am	6:00 am	6:00 am	6:30 am	6:00 am	7:30 am
Note						
Pilates Reformer Stop & Body Dump/Les Mills Body Combat/Les Mills Stop & Body Pump/Les Mills Stop & Body P	Body Conditioning	*SGT	*Pilates Reformer	*SGT	*Pilates Reformer	*Pilates Reformer
Pilates Reformer 9:00 am Mal.isa M. **Body Pump/Les Mills** 9:45 am Mal.isa M. **Pilates Reformer** 10:00 am **Robbi K. **Pilates Reformer** 10:00 am	8:30 am	7:00 am	8:00 am	8:30 am	8:00 am	8:00 am
9:00 am						
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Body Pump/Les Mills Body Pump/Les Mills 9:45 am Joanne P.		515 5 3			5.5 5 4	
9:45 am Mikael J. Joanne P. Cycle Express (45 min 10:00 am Malisa M. Tai-Chi 11:30 am Robbi K. Body Pump/Les Mills 5:30 pm Charletha T. Body Combat/Les Mills 5:30 pm Charletha T. Tool pm Aroi K. Pilates Reformer 6:00 pm & Aroi K. Polar seformer Company Aroi K.						
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	SGT Center	Group Ex Studios	Yoga Studio	Pool	Pilates Studio	Cycle Studio

Blue = new class or change an @lue Italic = time change due to Link Project

*SGT & Pilates Reformer are fee-based classes

CLY is located at 1930 Foothill Blvd., La Canada Flintridge, CA 91011 RESERVE YOUR SPOT on our app or scan the QR code to reserve online.

FOR MORE INFORMATION, go to YMCAFoothills.org/schedules or email Lori at Ldurbin@ymcafoothills.org

3/30/22



Group Exercise Classes - October 2022 (Link Project)

Group Ex Studios HIIT

High intensity interval training is a form of interval training, a cardiovascular exercise strategy alternation short periods of intense anaerobic exercise with less intense recovery periods.

Body Conditioning

Total body workout including strength and cardio excercises using differnt kind of equipment like weights, gliders, tubbing and more.

Body Pump / Les Mills

A barbell class and the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout.

Tai-Chi

A mind-body discipline that improves physical balance and stress relief with gentle movements that tone muscles.

Group Ex Studios Zumba

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

Body Combat / Les Mills

High energy, martial arts inspired class, non contact workout, punch, kick and strike your way to fitness.

Step & Body Works

Exciting choreography gearing you to the utmost in step training and includes strength conditioning.

Cycle Studio Cycle

A non-impact, high-energy cardio ride focusing on endurance, strength and interval training on stationary bikes

Small Group Training

Small Group Training (SGT) will make you stronger, leaner and faster with the help of a knowledgeable professional trainer. The class will focus on metabolic conditioning and functional movement.

SGT will include the latest sports training drills, medicine balls kettlebells and more.

Pilates Studio Pilates Reformer

Small group reformer classes focusing on core strength balance and flexibility.

Yoga Studio Body Flow / Les Mills

The yoga based class that will improve your mind, your body and your life, strengthen your entire body and leave feeling calm and centered.

Yoga

It is a gentle way to improve your posture, balance, and coordination. It is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking.