

Crescenta-Cañada Family YMCA

Group Exercise Schedule - June, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 6:00 am Joanne P. *live & stream	*SGT 6:00 am Ashley F.	Body Pump/Les Mills 6:00 am Joanne P.	*SGT 6:00 am Paige P.	HIIT 6:00 am Ashley F. *live & stream	Cycle 7:30 am Daniela L.
Yoga 8:00 am Kelley F.	Cycle 6:30 am Alex L.	*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.	Body Pump/Les Mills 8:30 am Joanne P.	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.
*Pilates Reformer 9:00,10:00 & 11:00 am MaLisa M.	Cycle Express (45 min) 8:30 am Mackenzie W.	*Pilates Reformer 9:00 am & 10:00 am Charletha T.	*SGT 8:30 am Ashley F.	Yoga 9:00 am Suzanne C.	*Pilates Reformer 9:00 am Charletha T.
Body Pump/Les Mills 9:45 am Mikael J.	*SGT 8:30 am Leila B.	Yoga 9:00 am Suzanne G.	Body Combat/Les Mills 8:30 am Claudine E.	*Pilates Reformer 9:00 am MaLisa M.	Cycle 9:00 am Teresa M.
Tai-Chi 11:30 am Bobbi K.	*Pilates Reformer 10:00 am & 11:00 am Charletha T.	Gentle Yoga 10:30 am Suzanne G.	Power Yoga 9:00 am Dylan Z.	Body Pump/Les Mills 9:45 am James K. *starts 6/16	Zumba 9:30 am Lisa K.
Lunchtme Yoga 12:30 pm MaLisa M.	Lunchtme Yoga 12:30 pm Kelley F.	Tai-Chi 11:30 am Bobbi K.	Body Pump/Les Mills 9:45 am Carly T.	*Pilates Reformer 10:00 am MaLisa M.	Yoga 9:00 am Kelly F.
Body Pump/Les Mills 5:30 pm Claudine E.	*Pilates Reformer 5:00 pm Charletha T.	Lunchtme Zumba 12:30 pm Wendy R.	*Pilates Reformer 9:00,10:00 & 11:00 am Arpi K.	Roll & Restore 10:30 am Suzanne C.	Yoga 10:30 am Kelly F.
*Pilates Reformer 6:00 pm & 7:00 pm Arpi K.	Body Combat/Les Mills 5:30 pm Nikki C.	Body Pump/Les Mills 5:30 pm Ashley F.	Circuit Training 5:30 pm Lisa K.	*Pilates Reformer 11:00 am MaLisa M.	Body Pump/Les Mills 10:45 am Carly T.
Zumba 7:00 pm Cecilia R.	Yoga 6:30 pm Kelley F.	*Pilates Reformer 5:00 pm & 6:00 pm Charletha T.	*Pilates Reformer 6:00 pm & 7:00 pm Arpi K.	Lunchtme Zumba 12:30 pm MaLisa M.	
	Body Pump/Les Mills 6:45 pm Carly T.	Power Yoga 7:15 pm Dylan Z.	Cycle 6:30 pm Alex L.	Zumba 5:30 pm Sarah U.	
		Zumba 7:00 pm Rosa T.	Yin Yoga 6:30 pm Jane G.	*Pilates Reformer 4:00 pm & 5:00 pm Charletha T.	
			Body Pump/Les Mills 6:45 pm Mikael J.		
SGT Center	Group Ex Studios	Yoga Studio	Pilates Studio	Cycle Studio	

Blue = new class or change

*SGT & Pilates Reformer are fee-based classes

CCY 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 Ldurban@ymcafoothills.org

