

Crescenta-Cañada Family YMCA

Group Exercise Schedule - November 2023



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|--|
| | | | Yoga/ 6:00 am MacKenzie W. | | |
| Body Conditioning 6:00 am Joanne P. *live & stream | HIIT Cardio 6:00 am James K. | Bodypump/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. |
| Bodypump/Les Mills 9:45 am Mikael J. | Bodypump/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. |
| Core/Les Mills 11:00 am Mikael J. | 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. |
| *Pilates Reformer 10 & 11 am & 12 pm Arpi K. | *SGT 8:30 am Leila B. | Gentle Yoga 10:30 - 11:45 am Suzanne G. | Yoga 9:00 am Kitty | Bodypump/Les Mills 9:45 am James K. | Zumba 9:30 am Lisa K. |
| Tai Chi 11:30 am David M. | Core/Les Mills 9:45 am Joanne P. | Tai Chi 11:30 am David M. | Bodypump/Les Mills 9:45 am Claudine E. | *Pilates Reformer 10:00 am & 11:00 am MaLisa M. | Yoga 9:00 am Kelly F. |
| Lunchtme Yoga 12:30 pm MaLisa M. | *Pilates Reformer 10:00 am & 11:00 am Charletha T. | | *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. |
| Bodypump/Les Mills 5:30 pm Claudine E. | Lunchtme Yoga 12:30 pm Kelley F. | Bodypump/Les Mills 5:30 pm Ashley F. | Circuit Training 5:30 pm Lisa K. | Zumba 11:00 am Wendy R. | Bodypump/Les Mills 10:45 am Vernita |
| Core/Les Mills 6:45 pm Claudine E. | *Pilates Reformer 5:00 pm Charletha T. | *Pilates Reformer 5:00 pm & 6:00 pm Charletha T. | *Pilates Reformer 5:00, 6:00 pm & 7:00 pm Arpi K. | Lunchtme Yoga 12:30 pm MaLisa M. | |
| *Pilates Reformer 6:00 pm & 7:00 pm Arpi K. | Body Combat/Les Mills 5:30 pm Nikki C. | Zumba 7:00 pm Rosa T. | Cycle 6:30 pm Alex L. | *Pilates Reformer 4:00 pm & 5:00 pm Charletha T. | |
| Zumba/7:15 Cecilia R. | Yoga/6:30 pm Kelley F. | Yoga/7:15 pm Courtney K. | Yin Yoga/6:30 pm Jane G. | Zumba/5:30 pm Sarah U. | |
| | | | Bodypump/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 YMCA foothills.org/schedule or email Rosanne at rosanne@ymcafoothills.org

11/1/2023