

Crescenta-Cañada Family YMCA

Group Exercise Schedule - December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Body Conditioning 6:00 am Elvia M.	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.	
Zumba 9:00 am Kama K.	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.	Body Conditioning 8:30 am Ashley F.	Step & Body Works 8:15 am Dawn K.
Bodypump/Les Mills 10:15 am Sarina M.	Body Conditioning 8:30 am Joanne P.			**NEW CLASS** Bodypump Heavy Les Mills 7:15 am Ashley F.	Yoga 9:00 - 10:15 am Suzanne C.	
Yoga 11:00 am Lynda M.	Bodypump/Les Mills 9:45 am Mikael J.	Bodypump/Les Mills 8:30 am Joanne P.	Bodypump/Les Mills 9:45 am Ashley F.			
	Gentle Yoga 10:00 - 11:15 am Ro S.	Core/Les Mills 9:45 am Joanne P.		Body Combat/Les Mills 8:30 am Claudine E.	Bodypump/Les Mills 9:45 am James K.	
	Core/Les Mills 11:00 am Mikael J.			Yoga 9:00 am Kitty	Roll & Restore 10:30 am Suzanne C.	
	Tai Chi 11:45 am David M.	Zumba 11:30 am Sarah U.	Tai Chi 11:30 am David M.	Bodypump/Les Mills 9:45 am Claudine E.	Zumba 11:30 am Sarah U.	
	Lunchtme Yoga 12:30 pm Kelley F.	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 Kelley F.	
	Bodypump/Les Mills 5:30 pm Claudine E.		Core/Les Mills 4:45 pm Mikael J.	Circuit Training 5:30 pm Lisa K.	Tai Chi 12:45 pm David M.	
	Core/Les Mills 6:30 pm Claudine E.	Body Combat/Les Mills 5:30 pm Nikki C.	Bodypump/Les Mills 5:30 pm Mikael J.			
	Boxing Bootcamp 6:30 pm Spencer			Boxing Bootcamp 6:30 pm Spencer	**NEW CLASS** Bodypump Heavy Les Mills 4:30 pm Mikael J.	
	Boxing Bootcamp 7:30 pm Spencer	Body Conditioning 6:45 pm Elvia M.		Bodypump/Les Mills 6:45 pm Mikael J.		
				Core/Les Mills 8:00 pm Mikael J.		
Group Ex Studio	Boxing Studio	Yoga Studio	Cycle Studio			

New classes in RED

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

RESERVE YOUR SPOT on our app

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

12/1/2025

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.