

Crescenta-Cañada Family YMCA



Group Exercise Schedule - October 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|
| Body Conditioning 6:00 am Joanne P. | HIIT Cardio 6:00 am James K. | Bodypump/Les Mills 6:00 am Joanne P. | Yoga 6:00 am Courtney K. | Body Conditioning 6:00 am Ashley F. | Cycle 7:30 am Daniela L. |
| Body Conditioning 6:00 am Joanne P. Live Stream | *SGT 6:00 am Ashley F. | | *SGT 6:00 am Paige P. | Body Conditioning 6:00 am Ashley F. Live Stream | |
| 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. | | Step & Body Works 8:15 am Dawn K. |
| Body Conditioning 8:30 am Joanne P. | Cycle Express (45 min) 8:15 am Mackenzie W. | Yoga 9:00 - 10:15 am Suzanne G. | Cycle 8:30 am Joanne P. | Body Conditioning 8:30 am Ashley F. | |
| Bodypump/Les Mills 9:45 am Mikael J. | *SGT 8:30 am Leila B. | Gentle Yoga 10:30 - 11:45 am Suzanne G. | *SGT 8:30 am Ashley F. | Yoga 9:00 - 10:15 am Suzanne C. | Cycle 9:00 am Cycle Team |
| Gentle Yoga 10:00 am James S. | Bodypump/Les Mills 8:30 am Joanne P. | | Body Combat/Les Mills 8:30 am Claudine E. | | Zumba 9:30 am Lisa K. |
| Core/Les Mills 11:00 am Mikael J. | Core/Les Mills 9:45 am Joanne P. | | Yoga 9:00 am Kitty | Bodypump/Les Mills 9:45 am James K. | Bodypump/Les Mills 10:45 am Vernita D. |
| | | | Bodypump/Les Mills 9:45 am Claudine E. | Roll & Restore 10:30 - 11:45 am Suzanne C. | |
| Tai Chi 11:45 am David M. | Zumba 11:30 am Sarah U. | Tai Chi 11:30 am David M. | | Zumba 11:30 am Sarah U. | |
| Lunchtme Yoga 12:30 pm MaLisa M. | 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 MaLisa M. | |
| Bodypump/Les Mills 5:30 pm Claudine E. | Body Combat/Les Mills 5:30 pm Nikki C. | Bodypump/Les Mills 5:30 pm Ashley F. | Circuit Training 5:30 pm Lisa K. | | |
| Core/Les Mills 6:45 pm Claudine E. | Cycle 6:30 pm Alex L. | | Cycle 6:30 pm Leo L. | | |
| | Yoga 6:30 pm Kelley F. | Zumba 7:00 pm Keimi J. | Bodypump/Les Mills 6:45 pm Mikael J. | | |
| Zumba 7:15 pm Cecilia R. | Bodypump/Les Mills 7:00 pm Vernita D. | Yoga 7:15 pm Courtney K. | Core/Les Mills 8:00 pm Mikael J. | | |
| SGT Center | Group Ex Studios | Yoga Studio | Cycle Studio | | |

*SGT is a fee-based classes

New classes in BLUE

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

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FOR MORE INFORMATION, go to YMCAfoothills.org/schedules or email Rosanne at rosanne@ymcafoothills.org

10/1/2024



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.