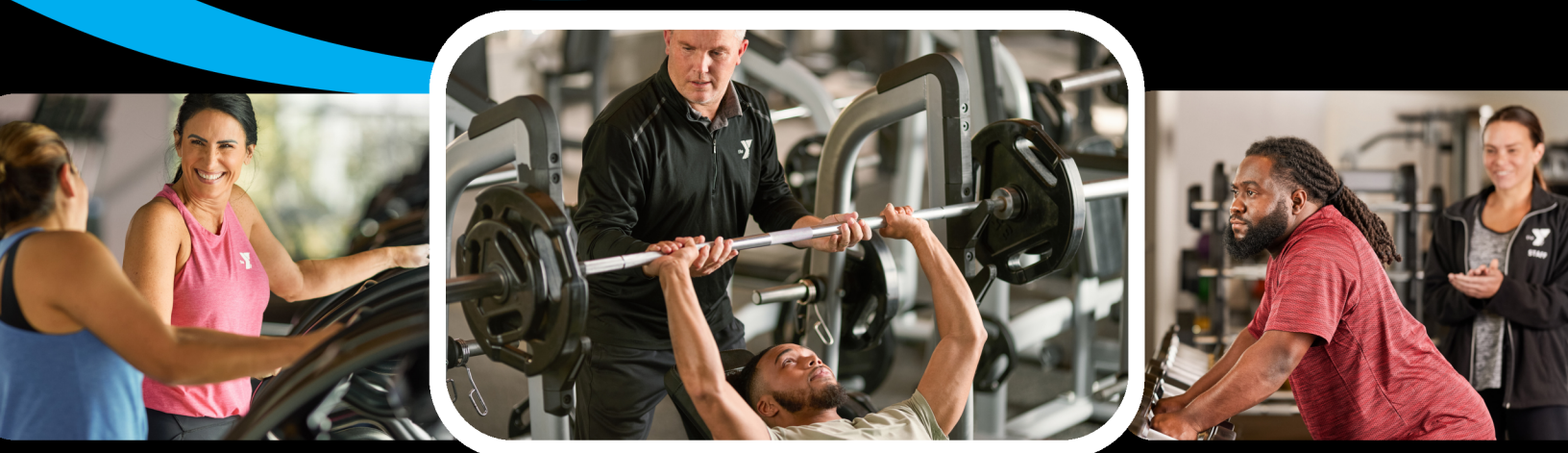


STRENGTH TRAINERS

HERE TO SUPPORT YOU



Ask our Strength Trainers to show you how to properly use the fitness equipment and provide tips or suggestions on what machines and equipment to use to maximize your workout.



**LOOK FOR
ONE OF THESE
STRENGTH
TRAINERS —**

- Mike B.
- Yorck E.
- Leon E.
- Mia L.
- Garen M.

MONDAY - THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 11:30AM	6:00AM - 11:30AM	8:00AM - 11:00AM	10:00AM - 2:00PM
4:45PM - 10:00PM	4:00PM - 8:00PM	11:00AM - 2:00PM	
		4:00PM - 7:00PM	

LOCATION:

Crescenta-Cañada Family YMCA
1930 Foothill Blvd., La Cañada Flintridge

YMCA OF THE FOOTHILLS