

Crescenta-Cañada Family YMCA

Group Exercise Schedule - January, 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.
Body Conditioning 8:30 am Joanne P.	Cycle 6:30 am Alex L.	*Pilates Reformer 8:00 am Charletha T.	Cycle 6:30 am Daniela L.	*Pilates Reformer 8:00 am MaLisa M.	*Pilates Reformer 8:00 am Charletha T.
*Pilates Reformer 9:00,10:00 & 11:00 am MaLisa M.	Body Pump/Les Mills 8:30 am Joanne P.	Step & Body Works 8:30 am Dawn K.	*SGT 8:30 am Ashley F.	Body Conditioning 8:30 am Ashley F.	Step & Body Works 8:15 am Dawn K.
Body Pump/Les Mills 9:45 am Mikael J.	Cycle Express (45 min) 8:30 am Mackenzie W.	*Pilates Reformer 9:00 am & 10:00 am Charletha T.	Body Combat/Les Mills 8:30 am Claudine E.	*Pilates Reformer 9:00 am MaLisa M.	*Pilates Reformer 9:00 am Charletha T.
Tai-Chi 11:30 am Bobbi K.	*Pilates Reformer 10:00 am & 11:00 am Charletha T.	Yoga 9:00 am Suzanne G.	Power Yoga 9:00 am Dylan Z.	Step & Body Works 9:45 am Amy S.	Cycle 9:00 am Teresa M.
Lunchtime Yoga 12:30 pm MaLisa M.	*Pilates Reformer 5:00 pm Charletha T.	Gentle Yoga 10:30 am Suzanne G.	Body Pump/Les Mills 9:45 am Joanne P.	*Pilates Reformer 10:00 am MaLisa M.	Zumba 9:30 am Lisa K.
Body Pump/Les Mills 5:30 pm Claudine E.	Body Combat/Les Mills 5:30 pm Nikki C.	Tai-Chi 11:30 am Bobbi K.	*Pilates Reformer 9:00,10:00 & 11:00 am Arpi K.	Lunchtime Zumba 12:30 pm MaLisa M.	Yoga 10:00 am Kelly F.
*Pilates Reformer 6:00 pm & 7:00 pm Arpi K.	Yoga 6:30 pm Kelley F.	Body Pump/Les Mills 5:30 pm Ashley F.	Circuit Training 5:30 pm Lisa K.	Zumba 5:30 pm Sarah U.	Body Pump/Les Mills 10:45 am Carly T.
Zumba 7:00 pm Cecilia R.	Body Pump/Les Mills 6:45 pm Carly T.	*Pilates Reformer 5:00 pm & 6:00 pm Charletha T.	*Pilates Reformer 6:00 pm & 7:00 pm Arpi K.	*Pilates Reformer 4:00 pm & 5:00 pm Charletha T.	
		Power Yoga 6:00 pm Dylan Z.	Cycle 6:30 pm Alex L.		
		Zumba 7:00 pm Rosa T.	Yoga 6:30 pm Jane G.		
			Body Pump/Les Mills 6:45 pm Mikael J.		
SGT Center	Group Ex Studios	Yoga Studio	Pool	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 Ldurbin@ymcafoothills.org

Group Exercise Classes - January 2023

Group Ex Studios	Group Ex Studios	Cycle Studio	SGT Center	Pilates Studio	Yoga Studio
HIIT	Zumba	Cycle	Small Group Training	Pilates Reformer	Body Flow / Les Mills
<p>High intensity interval training is a form of interval training, a cardiovascular exercise strategy alternation short periods of intense anaerobic exercise with less intense recovery periods.</p>	<p>Zumba fused hypnotic Latin rhythms and easy to follow moves to create a cardio experience that is energizing.</p>	<p>A non-impact, high-energy cardio ride focusing on endurance, strength and interval training on stationary bikes</p>	<p>Small Group Training (SGT) will make you stronger, leaner and faster with the help of a knowledgeable professional trainer. The class will focus on metabolic conditioning and functional movement.</p>	<p>Small group reformer classes focusing on core strength balance and flexibility.</p>	<p>The yoga based class that will improve your mind, your body and your life, strengthen your entire body and leave feeling calm and centered.</p>
Body Conditioning	Body Combat / Les Mills				Yoga
<p>Total body workout including strength and cardio exercises using different kind of equipment like weights, gliders, tubing and more.</p>	<p>High energy, martial arts inspired class, non contact workout, punch, kick and strike your way to fitness.</p>		<p>SGT will include the latest sports training drills, medicine balls kettlebells and more.</p>		<p>It is a gentle way to improve your posture, balance, and coordination. It is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking.</p>
Body Pump / Les Mills	Step & Body Works				
<p>A barbell class and the ideal workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout.</p>	<p>Exciting choreography gearing you to the utmost in step training and includes strength conditioning.</p>				
Tai-Chi					
<p>A mind-body discipline that improves physical balance and stress relief with gentle movements that tone muscles.</p>					