

Crescenta-Cañada Family YMCA

Group Exercise Schedule - December 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 6:15 am Joanne P. *live & stream	SGT 6:15 am Ashley F.	Body Pump/Les Mills 6:15 am Joanne P.	Cycle 6:30 am Rosanne M.	HIIT 6:15 am Ashley F. *live & stream	Cycle 8:00 am Rosanne M.
Cycle 8:30 am Rosanne M.	*Cycle* 6:30 am Alex L. *live & stream	Cycle 8:30 am Joanne P. *live & stream	SGT 8:30 am Ashley F.	Body Conditioning 8:30 am Ashley F.	Step & Body Works 8:30 am Dawn K.
Body Conditioning 8:30 am Joanne P.	Cycle 8:30 am Ashley F.	Step & Body Works 8:30 am Dawn K.	Body Combat/Les Mills 8:30 am Claudine E.	*Step & Body Works* 9:45 am Amy S.	Zumba 9:45 am Lisa K.
Body Pump/Les Mills 9:45 am Mikael J.	Body Pump/Les Mills 8:30 am Joanne P.	Yoga 10:00 am Suzanne G.	Body Pump/Les Mills 9:45 am Joanne P.	Pilates 10:00 am Lisa K.	Yoga 10:00 am Kelly F.
Yoga 10:00 am Emily K.	Zumba Gold 9:45 am Liza R.	Tai-Chi 11:30 am Bobbi K.	Pilates 10:00 am Liza R.		
Balance Fit 11:00 am Bobbi K.	Body Flow/Les Mills 10:00 am Karen T.	Balance Fit 2:00 pm Bobbi K.	Aqua Fit 10:00 am Claudia		
Tai-Chi 1:30 pm Bobbi K.	Aqua Fit 10:00 am Claudia	Body Pump/Les Mills 5:30 pm Ashley F.	Body Conditioning 5:30 pm Lisa K.		
Body Pump/Les Mills 5:30 pm James K.	Body Combat/Les Mills 5:30 pm James K.		*Cycle* 6:30 pm Alex L.		
Zumba 7:00 pm Cecilia R.	Yoga 6:30 pm Kelly F.				

SGT Center	Group Ex Studios	MPR	Streaming Only	Pool
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CCY is located at 1930 Foothill Blvd., La Canada Flintridge, CA 91011

blue = new class

RESERVE YOUR SPOT on our app or scan the QR code to reserve online.

12/1/2021

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

