

Legend

**These class times are recommended for new/ beginning level participants.

*Basic Yoga will be held at Olberz Park in La Canada at 10:15am on the 3rd Saturday of the month. (Weather permitting)

*A.F.E.P. = Arthritis Foundation Exercise Program (chair-based)

Instructors make every effort to modify the classes so they're suitable for all fitness levels.

For your safety and the consideration of others, please note:

- Classes subject to change without notice
- Classes end approximately 5 minutes before posted time
- For up-to-date information, please view our live schedule at www.ymcafoothills.org
- Please arrive on time for class, class will be closed if full
- Please wear appropriate footwear and exercise attire
- Bring only closed, unbreakable water bottles
- No food or gum permitted in studios
- Turn off cell phones during class
- Always exercise at your own level and notify instructors if you need modifications.



HEALTHIER TOGETHER

Group Exercise and Water Fitness Classes

January 1, 2019

Crescenta Cañada Family YMCA
 1930 Foothill Blvd.
 La Canada Flintridge, CA 91011
 (818) 790-0123

All classes and instructors are subject to change/ cancellation. Please view the live schedule at www.ymcafoothills.org for changes.

MONDAY

TUESDAY

Group Exercise				Group Exercise			
Time	Class	Room	Instructor	Time	Class	Room	Instructor
6:00-7:00am	Boot Camp	St. 1&2	Ashley	6:00-7:00am	Power Condition	St. 1&2	Joanne P
6:00-7:00am	Cycle **	Cycle St.	CarmenMc	6:00-7:00am	Yoga	St. 3	Cameron
8:00-9:00am	Yoga Stretch	St. 3	Celia	8:30-9:30am	Cycle	Cycle St.	Daniela
8:30-9:30am	Body Works	St. 1&2	Ashley	8:30-9:30am	Cardio Circuit	St.1 &2	Heather
9:00-10:15am	Yoga	Studio 3	Madeleine	9:00-10:15am	Yoga	Studio 3	Suzanne
9:00-10:00am	Cycle	Cycle St.	Joanne P	9:15-10:15am	Stroller Fitness	Mayor's	Ann
9:30-10:15am	Stretch **	Studio 4	Lia	9:30-10:30am	Zumba	St. 1&2	Mandy
10:00-11:00am	Step Int.	Studio 1	Jacque	10:30-11:45am	Yoga	Studio 3	Dominic
10:00-11:00am	A.F.E.P. **	MPR	Marlenne	10:30-11:45am	Gentle Yoga	Studio 4	Suzanne
10:30-11:30am	Pilates for All **	Studio 2	Roberta	10:30-11:30am	Zumba Gold	St. 1 &2	Liza
11:00-12:00pm	Tai Chi **	Studio 1	Bobbi	12:00-1:00pm	Pilates	Studio 3	Diana
11:30-12:30pm	Pilates	Studio 2	Roberta	5:00-6:00pm	Power Yoga	Studio 3	Joyce
1:30-2:30pm	Balance Fit **	Studio 2	Bobbi	6:00-7:00pm	Power Condition	St. 1&2	Mona
4:30-5:30pm	Zumba	St. 1&2	Liza	6:00-7:00pm	Cycle	Cycle St.	Rita C.
5:30-6:30pm	Step Int/Adv	St. 1&2	Dawn	6:00-7:15pm	Iyengar Yoga **	Studio 3	Andrea
5:45-7:00pm	Yoga **	Studio 3	Barbara	6:30-7:30pm	Pilates	Studio 4	Joyce
6:30-7:30pm	Core + Power	St. 1&2	Lisa K	7:00-8:15pm	Jazz Dance	St. 1&2	Malinda
7:00-8:00pm	Pilates	Studio 3	Barbara	7:30-8:45pm	Yoga	Studio 3	Meghan
7:30-8:30pm	Bollywood	St. 1&2	Mandy	8:15-9:15pm	Zumba	St. 1&2	Lucia

Water Fitness				Water Fitness			
Time	Class	Pool	Instructor	Time	Class	Pool	Instructor
5:45-6:45am	Advance Aqua Fit	Deep	Noeske	9:30-10:00am	Water Yoga	Shallow	Joyce
9:00-10:00am	Water Fitness 1.0	Shallow	Joyce	10:00-11:00am	Aqua Fit	Shallow	Joyce
9:30-10:30am	Hydro Bootcamp	Deep	Kerri	10:30-11:30am	Hydro Bootcamp	Deep	Kerri
10:00-11:00am	Water Fitness 2.0	Shallow	Joyce	11:15-12:00pm	Water Fitness 2.0	Shallow	Joyce
11:15-12:00pm	Water Fitness 2.0	Shallow	Joyce	12:00-1:00pm	Aqua Arthritis	Training	Kathe
11:30-12:30pm	Aqua Arthritis	Training	Allison	1:30-2:30pm	Aqua Kickboxing	Shallow	Kathe
1:30-2:30pm	Hydro Bootcamp	Deep	Allison	6:30-7:30pm	Water Fitness	Deep	Wafa
6:30-7:30pm	Hydro Bootcamp	Deep	Allison				

At the Y we believe everyone should have the opportunity to experience a healthy life, regardless of age, income, or physical ability

WEDNESDAY

Time	Group Exercise Class	Room	Instructor
6:00-7:00am	Cycle	Cycle St.	Rosanne
6:30-7:30am	Low Impact **	St. 1&2	Pam
8:30-9:30am	Cycle	Cycle St.	Daniela
8:30-9:30am	Body Works	St. 1&2	Dawn
9:00-10:15am	Yoga	Studio 3	Eden
9:30-10:30am	Vinyasa Yoga	Studio 4	Kerry
10:00-11:00am	A.F.E.P. **	MPR	Marlene
10:30-11:30am	Pilates for all	Studio 4	Mona
10:30-11:45pm	Gentle Yoga **	Studio 3	Lucy
11:00-12:00pm	Balance Fit **	St. 1&2	Bobbi
11:30-12:30pm	Chair Yoga **	Studio 4	Joyce
12:00-1:00pm	Pilates	Studio 3	Mona
12:30-1:30pm	Zumba Gold **	St. 1&2	Liza
1:30-2:30pm	Tai Chi **	St. 1&2	Bobbi
5:30-6:45pm	Yoga	Studio 3	Cheri
6:00-6:30pm	All Abs	St. 1&2	Lisa K
6:30-7:30pm	Body Works	St. 1&2	Lisa K
7:00-8:15pm	Gentle Yoga **	Studio 3	Rita M
7:30-8:30pm	Zumba	St. 1&2	Cecilia

THURSDAY

Time	Group Exercise Class	Room	Instructor
6:00-7:00am	Power Condition	St. 1&2	Ashley
6:00-7:00am	Yoga	Studio 3	Alex
8:30-9:30am	Cycle	Cycle St.	Leo
8:30-9:30am	Cardio Circuit	St. 1&2	Heather
9:00-10:15am	Yoga	Studio 3	Marita
9:15-10:15am	Stroller Fitness	Mayor's	Ann
9:30-10:30am	Stretch **	Studio 4	Lisa
9:30-10:45am	Jazz Dance	St. 1&2	Malinda
10:30-11:45am	Yoga	Studio 3	Marita
10:30-11:45pm	Gentle Yoga	Studio 4	Joyce
11:00-12:00pm	Progressive Pilates	Studio 1	Roberta
11:00-12:00pm	Tai-Chi **	Studio 2	Bobbi
12:00-1:00pm	Osteo Pilates	Studio 1	Roberta
4:30-5:30pm	Zumba	St. 1&2	Annette
5:30-6:30pm	Body Works	St. 1&2	Daniela
6:00-7:00pm	Cycle	Cycle St.	Alex
6:00-7:15pm	Basic Yoga	Studio 3	Meghan
6:30-7:30pm	Barre Cardio	St. 1&2	Liza
7:30-8:45pm	Power Yoga	Studio 3	Marita

FRIDAY

Time	Group Exercise Class	Room	Instructor
5:30-6:30am	Core Cardio	St.1&2	Ashley
8:00-9:00am	Yoga Stretch	Studio 3	Celia
8:30-9:30am	Power Condition.	St. 1&2	Joanne P
9:00-10:15am	Yoga II	Studio 3	Suzanne
9:30-10:30am	Cycle	Cycle St.	Daniela
9:30-10:30am	Stretch	Studio 4	Marita
10:00-11:00am	Zumba	St. 1&2	Alma
10:30-11:45am	Yoga	Studio 3	Cheri
10:30-11:30am	Roll 'n' Restore	Studio 4	Suzanne
11:00-12:15pm	Jazz Dance	St. 1&2	Malinda
12:00-1:00pm	Meditation	Studio 3	Susan
12:30-1:30pm	Zumba Gold **	St. 1&2	Mandy
5:00-6:00pm	Zumba	St.1&2	Julio
6:30-7:15pm	Yoga	Studio 3	Jamie

SATURDAY

Time	Group Exercise Class	Room	Instructor
7:00-8:00am	Cycle	Cycle St.	Teresa
8:00-9:00am	Pilates	Studio 3	Barbara
8:00-9:15am	Step Int/Adv	St. 1&2	Dawn
9:00-10:00am	Core Fusion	Studio 4	Louie
9:00-10:15am	Yoga	Studio 3	Barbara
9:30-10:30am	Zumba	St. 1&2	Julio
10:15-11:30am	Yoga	Studio 3	Michelle
10:15-11:15am	Chair Yoga	Studio 4	Joyce
10:30-11:30am	Step Beg.	Studio 1	Deb
11:15-12:30pm	Gentle Yoga **	Studio 4	Joyce
11:30-12:30pm	Pilates	Studio 3	Diana
4:00-5:15pm	Iyengar Yoga **	Studio 3	Andrea

Water Fitness			
Time	Class	Pool	Instructor
9:30-10:30am	Hydro Boot Camp	Deep	Kerri

Water Fitness				Water Fitness			
Time	Class	Pool	Instructor	Time	Class	Pool	Instructor
5:45-6:45am	Advance Aqua Fit	Deep	Noeske	9:30-10:00am	Water Fitness	Shallow	Joyce
9:00-10:00am	Water Fitness 2.0	Shallow	Joyce	10:00-11:00am	Water Aerobics	Shallow	Joyce
9:30-10:30am	Hydro Bootcamp	Deep	Lia	10:30-11:30am	Hydro Bootcamp	Deep	Kerri
10:00-11:00am	Aqua Aerobics	Shallow	Joyce	11:15-12:00pm	Water Fitness 2.0	Shallow	Joyce
11:15-12:00pm	Water Fitness 2.0	Shallow	Joyce	12:00-1:00pm	Aqua Arthritis	Training	Kathe
11:30-12:30pm	Aqua Arthritis	Training	Kathe	1:30-2:30pm	Aqua Kickboxing	Shallow	Kathe
1:30-2:30pm	Finning	Deep	Kathe	6:30-7:30pm	Advanced Aqua Fit	Deep	Wafa
6:30-7:30pm	Hydro Bootcamp	Deep	Allison				

Water Fitness			
Time	Class	Pool	Instructor
5:45-6:45am	Adv. Aqua Fit	Deep	Noeske
9:00-10:00am	Aqua Aerobics	Shallow	Joyce
9:30-10:30am	Hydro Bootcamp	Deep	Kerri
10:00-11:00am	Aqua Aerobics	Shallow	Joyce
11:15-12:00pm	WaterFitness 2.0	Shallow	Joyce
12:00-1:00pm	Aqua Arthritis	Training	Kathe
1:30-2:30pm	Finning	Deep	Kathe

SUNDAY

Time	Group Exercise Class	Room	Instructor
10:00-11:15am	Yoga	Studio 3	Meghan
10:30-11:30am	Cycle ***	Cycle St.	Rita C
10:15-11:15am	Step Int	St. 1,2	Deb
11:15-12:30pm	Gentle Yoga	Studio 3	Dominic
12:00-1:00pm	Modern Dance	Studio 1	Leilani

Water Fitness			
Time	Class	Pool	Instructor
10:00-11:00am	Finning	Deep	Kathe