

### Legend

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

\*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.

\*Reserve Cycle bikes using Text my Spot: 45 minutes prior to class (818)938-1200 .



# HEALTHIER TOGETHER

## Group Exercise and Water Fitness Classes

April 8, 2019

**Crescenta Cañada Family YMCA**

1930 Foothill Blvd.

La Canada Flintridge, CA 91011

(818) 790-0123

Contact: [jkendall@ymcafoothills.org](mailto:jkendall@ymcafoothills.org)

All classes and instructors are subject to change/ cancellation. Please view the live schedule at [www.ymcafoothills.org](http://www.ymcafoothills.org) for changes.

### MONDAY

### TUESDAY

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

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

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

- Classes subject to change without notice
- Classes end 5 minutes before posted time
- For up-to-date information, please view our live schedule at [www.ymcafoothills.org](http://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.

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
5:45-6:45am	Cycle	Cycle St.	Rosanne
6:00-7:00am	Zumba	St. 1&2	Annette
8:30-9:30am	BodyWorks	St. 1&2	Dawn
8:30-9:30am	Cycle	Cycle	Daniela
9:00-10:15am	Yoga All Levels	Studio 3	Eden
9:30-10:30am	Vinyasa Yoga	Studio 4	Kerry
9:45-11:00am	Dancersize	St. 1&2	Lisa
10:00-11:00am	A.F.E.P. **	MPR	Marlenne
10:30-11:30am	Pilates for all	Studio 4	Mona
10:30-11:45pm	Gentle Yoga **	Studio 3	Kitty
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 I/II	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 I/II	Studio 3	Cameron
8:30-9:30am	Cycle	Cycle St.	Leo
8:30-9:30am	Cardio Circuit	St. 1&2	Heather
9:00-10:15am	Yoga II	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 For All	St. 3	Marita
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	Yoga I	Studio 3	Meghan
6:30-7:30pm	Barre Cardio	St. 1&2	Liza
7:30-8:30pm	Zumba	St. 1&2	Anthony
7:30-8:45pm	Power Yoga	Studio 3	Marita

### FRIDAY

Time	Group Exercise Class	Room	Instructor
5:45-6:45am	Core Cardio	St.1&2	Ashley
8:00-9:00am	Yoga I	Studio 3	Celia
8:30-9:30am	Power Condition.	St. 1&2	Joanne P
9:00-10:15am	Yoga II	Studio 3	Suzanne
8:30-9:30am	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 I/II	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
6:30-7:45pm	Yoga I	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 I **	Studio 3	Barbara
9:30-10:30am	Zumba	St. 1&2	Julio
10:15-11:30am	Yoga I/II	Studio 3	Monica
10:30-11:30am	Step Beg.	Studio 1	Deb
11:30-12:30pm	Gentle Yoga **	Studio 3	Monica
11:30-12:30pm	Pilates	Studio 2	Mona
4:00-5:15pm	Iyengar Yoga **	Studio 3	Andrea

#### Water Fitness

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

### SUNDAY

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

Time	Water Fitness Class	Pool	Instructor
9:00-10:00am	Deep Water	Deep	Kerri
9:30-10:00am	Water Fitness	Shallow	Joyce
10:00-11:00am	Water Aerobics	Shallow	Joyce
10:00-11:00am	Hydro Bootcamp	Deep	Kerri
11:15-12:00pm	Water Fitness 2.0	Shallow	Joyce
1:30-2:30pm	Aqua Kickboxing	Shallow	Kathryn
6:30-7:30pm	Advanced Aqua Fit	Deep	Wafa

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

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
11:30-12:45pm	Gentle Yoga	Studio 3	Cheri
12:00-1:00pm	Modern Dance	Studio 1	Leilani

#### Water Fitness

Time	Class	Pool	Instructor
10:00-11:00am	Finning	Deep	Kathryn