

Crescenta-Cañada Family YMCA

Group Exercise Schedule - November 2021

YOUR Y YOUR WAY
YMCA OF THE FOOTHILLS



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 Rosanne M.	Cycle 8:30 am Joanne *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.	Pilates 10:00 am Lisa K.	Zumba 9:45 am Lisa K.
Body Pump/Les Mills 8:30 am Claudine E.	Body Pump/Les Mills 8:30 am Joanne P.	Yoga 10:00 am Suzanne G.	Body Pump/Les Mills 9:45 am Joanne P.		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 Works 5:30 pm Lisa K.		
Body Pump/Les Mills 5:30 pm James K.	Body Combat/Les Mills 5:30 pm James K.				
Zumba 7:00 pm Cecilia R.	Yoga 6:30 pm Kelly F.				

SGT Center

Group Ex Studios

MPR

Streaming Only

Pool

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

