

**Legend**

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

**Small Group Training (SGT Workouts)**  
Space is limited. Reservations can be made up to 3 days in advance when you go to [www.ymcafoothills.small-group-training](http://www.ymcafoothills.small-group-training).

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



# HEALTHIER TOGETHER

## Group Exercise, SGT and Water Fitness Classes

January 1, 2019  
**Crescenta Valley Family YMCA**  
 3931 Lowell Ave.  
 La Crescenta, CA 91214  
 (818) 790-0123

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**

Group Exercise			
Time	Class	Room	Instructor
8:00-9:00am	Yoga	Yoga St.	Emily K
8:30-9:30am	Cycle	Cycle St.	Rosanne
9:00-10:00am	Pilates	Group Ex	Mona
9:00-10:15am	Gentle Yoga**	Yoga St.	Barbara
10:00-11:00am	Body Works	Group Ex	Marnie
11:15-12:15pm	Yoga	Yoga St.	Madeleine
5:30-6:30pm	Body Works	Group Ex	Sue
5:30-6:30pm	Cycle	Cycle St.	Rosanne
5:30-6:45pm	Yoga	Yoga St.	Ronda
7:15-8:15pm	Yoga	Yoga St.	Shau-mey

**TUESDAY**

Group Exercise			
Time	Class	Room	Instructor
6:00-7:00am	Low Impact**	Group Ex	Dorothy
6:00-7:00am	Cycle	Cycle St.	Alex
9:00-10:15am	Yoga	Yoga St.	Barbara
10:00-11:00am	Zumba	Group Ex	Annette
11:15-12:15pm	Tai-Chi **	Group Ex	Bobbi
10:45-11:45am	Pilates	Yoga St.	Ann
5:45-6:45pm	Body Works	Group Ex	Sharon
7:00-8:00pm	Yoga Stretch	Yoga St.	MaLisa

Small Group Training			
Time	Class	Room	Instructor
5:45-6:45am	SGT	Functional	Alarie
6:45-7:45am	SGT	Functional	Alarie
8:30-9:30am	SGT	Functional	Basem
9:30-10:30am	TRX SGT	Functional	Basem
9:30-10:00am	Kinesis SGT	Strength	Kim
4:45-5:15pm	Kinesis SGT	Strength	Leila
6:30-7:30pm	SGT	Functional	Kimmie

Small Group Training			
Time	Class	Room	Instructor
5:45-6:45am	SGT	Functional	Ashley
6:45-7:45am	SGT	Functional	Ashley
8:30-9:30am	SGT	Functional	Joanne
9:30-10:30am	SGT	Functional	Joanne
10:00-10:30am	Kinesis SGT	Strength	Kim
4:30-5:15pm	SGT Ages 9+	Functional	Aaron
5:30-6:00pm	Kinesis SGT	Strength	Aaron
6:30-7:30pm	SGT	Functional	Ethan

Water Fitness			
Time	Class	Pool	Instructor
10:30-11:30am	Aqua Fit	Outdoor	Kathy

Water Fitness			
Time	Class	Pool	Instructor
10:30-11:30am	Aqua Pilates	Outdoor	Mona

- For your safety and the consideration of others, 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](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
  - Please notify your instructor if you need to modify the workout, always workout at your own level

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

### WEDNESDAY

Group Exercise			
Time	Class	Room	Instructor
8:00-9:00am	Yoga	Yoga St.	Madeleine
9:00-10:00am	Pilates	Yoga St.	Mona
9:00-10:00am	Zumba Step	Group Ex	Alma
10:00-11:00am	Bootcamp Barre	Group Ex	Sharon
10:30-11:45am	Gentle Yoga **	Yoga St.	Barbara
11:15-12:15pm	Low Impact **	Group Ex	Cathy
5:30-6:30pm	Body Works	Group Ex	Denise
5:30-6:30pm	Cycle **	Cycle St.	CarmenMc
6:30-7:30pm	Zumba	Group Ex	Julio
6:45-8:00pm	Yoga	Yoga St.	Shau-mey

### THURSDAY

Group Exercise			
Time	Class	Room	Instructor
9:00-10:30am	Yoga	Yoga	Eden
9:00-10:00am	Bootcamp Barre	GroupEx	Mona
9:00-10:00am	Cycle	Cycle St.	Rosanne
10:00-11:00am	Step Beg.**	Group Ex	Sharon
11:00-12:00pm	Gentle Yoga **	Yoga St.	Rita
5:30-6:00pm	All Abs **	Group Ex	Liz
5:45-6:45pm	Yoga	Yoga St.	Madeleine
6:00-7:00pm	Body Works	Group Ex	Liz
7:00-8:00pm	Bollywood	Group Ex	Mandy

### FRIDAY

Group Exercise			
Time	Class	Room	Instructor
6:00-7:00am	Cycle	Cycle St.	Teresa
6:00-7:00am	Low Impact **	Group Ex	Dorothy
8:30-9:45am	Cycle	Cycle St.	Rosanne
8:30-9:30am	Step Int.	Group Ex	Jackie
9:00-10:15am	Yoga	Yoga St.	Eden
10:00-11:00am	Bootcamp Barre	Group Ex	Liza
10:30-11:45am	Gentle Yoga**	Yoga St.	Barbara
11:15-12:15pm	Low Impact**	Group Ex	Cathy
12:00-1:00pm	Pilates	Yoga St.	Ann
5:30-6:30pm	Ballet Barre	Group Ex	Sharon
5:30-6:45pm	Gentle Yoga**	Yoga St.	Alex

### SATURDAY

Group Exercise			
Time	Class	Room	Instructor
8:00-9:00am	Yoga	Yoga St.	Alicia
9:00-10:00am	Yin Yoga	Yoga St.	Rita
10:00-11:00am	Piloxing	Group X	Mona

Small Group Training			
Time	Class	Room	Instructor
8:30-9:30am	SGT	Functional	Page
9:30-10:30am	SGT	Functional	Page
9:00-9:30am	Kinesis SGT	Strength	Kim
10:30-11:15am	SGT Ages 9+	Functional	Paige

Small Group Training			
Time	Class	Room	Instructor
5:45-6:45am	SGT	Functional	Erika
6:45-7:45am	SGT	Functional	Erika
8:30-9:30am	SGT	Functional	Ashley
8:30-9:00am	Kinesis SGT	Strength	Leila
9:30-10:30am	SGT	Functional	Ashley
10:30-11:30am	TRX SGT	Functional	Leila
4:45-5:15pm	Kinesis SGT	Strength	Kim
6:30-7:30pm	SGT	Functional	CarmenMc

Small Group Training			
Time	Class	Room	Instructor
5:45-6:45am	SGT	Functional	Jack
6:45-7:45am	SGT	Functional	Jack
8:30-9:30am	SGT	Functional	Joanne
9:00-9:30am	Kinesis SGT	Strength	Kim
9:30-10:30am	SGT	Functional	Joanne
10:30-11:30am	TRX SGT	Functional	Basem
4:30-5:15pm	SGT Ages 9+	Functional	Aaron
6:00-6:30pm	Kinesis SGT	Strength	Aaron
6:30-7:30pm	SGT	Functional	Paige

Small Group Training			
Time	Class	Room	Instructor
5:45-6:45am	SGT	Functional	Alarie
6:45-7:45am	SGT	Functional	Alarie
8:30-9:30am	SGT	Functional	Leila
9:30-10:30am	SGT	Functional	Leila
9:30-10:00am	Kinesis SGT	Strength	Kim

### SUNDAY

Group Exercise			
Time	Class	Room	Instructor
10:00-11:00am	Zumba	Group Ex	MaLisa
11:00-12:30pm	Restorative Yoga	Yoga St.	Lucy
3:00-4:00pm	Yoga	Yoga St.	Shau-mey

Water Fitness			
Time	Class	Pool	Instructor
10:30-11:30am	Aqua Aerobics	Outdoor	Kathy

Water Fitness			
Time	Class	Pool	Instructor
10:30-11:30am	Aqua Fit 2.0	Outdoor	Mona

Water Fitness			
Time	Class	Pool	Instructor
10:30-11:30am	Aqua Aerobics	Outdoor	Kathy

Small Group Training			
Time	Class	Room	Instructor
10:15-11:15am	SGT	Functional	Leila/Erika
			Irene (second Sunday of
11:15-12:15pm	Family SGT	Functional	