

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.

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

* Text my spot for cycle: (818)405-9800

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
- 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



HEALTHIER TOGETHER

Group Exercise, SGT and Water Fitness Classes

August 2019

Crescenta Valley Family YMCA

3931 Lowell Ave.

La Crescenta, CA 91214

(818) 790-0123

Contact: Rosanne@ymcafoothills.org

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

MONDAY

Group Exercise			
Time	Class	Room	Instructor
8:00-9:00am	Yoga	Yoga St.	Emily K
8:00-9:00am	Zumba	Grlup Ex.	Annette
8:30-9:30am	Cycle *	Cycle St.	Rosanne
9:00-10:00am	Pilates	Group Ex	Mona
9:15-10:30am	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
8:30-9:30am	Body Works	Group Ex	Rosanne
9:00-10:15am	Yoga	Yoga St.	Barbara
10:00-11:00am	Zumba	Group Ex	Sonia
11:15-12:15pm	Tai-Chi **	Group Ex	Hannah
10:45-11:45am	Pilates	Yoga St.	Ann
5:45-6:45pm	Body Works	Group Ex	Sharon
6:00-7:00pm	Pilates	Yoga St.	Mona
7:00-8:00pm	Yoga	Yoga St.	MaLisa
7:00-8:00pm	Zumba	Grou Ex	Lucy

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
9:00-9:30am	Kinesis SGT	Strength	Kim
9:30-10:00am	Kinesis SGT	Strength	Kim
4:45-5:15pm	Kinesis SGT	Strength	Kim
6:30-7:30pm	SGT	Functional	Kim

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
9:00-9:30am	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

Time	Class	Pool	Instructor
10:30-11:30am	Aqua Fit	Out-door	Mona

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	Group Ex	Julio
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	Tanya
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.	Stacey
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	Yoga	Yoga St.	Shau-mey

SATURDAY

Group Exercise			
Time	Class	Room	Instructor
8:00-9:00am	Yoga	Yoga St.	Alicia
9:30-10:30am	Yin Yoga	Yoga St.	Rita
10:00-11:00am	Bootcamp Barre	Group X	Mona

Small Group Training			
Time	Class	Room	Instructor
8:30-9:30am	SGT	Functional	Paige
9:30-10:30am	SGT	Functional	Paige
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	Kim
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
8:30am-9:00am	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	Rosa
10:15-11:30am	Gentle Yoga	Yoga St.	Lynda
11:30-1:00pm	RestorativeYoga	Yoga St.	Lynda

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 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	