



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHIER TOGETHER

**SMALL GROUP TRAINING (SGT)**  
**Over 30 FREE Workouts a Week!**



All workouts are at Crescenta Valley Family YMCA except those in red at **Verdugo Hills Family YMCA.**

MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am & 6:45am SGT Alarie	5:45am & 6:45am SGT Ashley	5:45am & 6:45am SGT Erika	5:45am & 6:45am SGT Jack	5:45am & 6:45am SGT Alarie	8:30am & 9:30am SGT Paige	10:15am SGT Erika/Leila
			8:15am SGT VHY Alarie			
8:30am SGT Basem	8:30am & 9:30am SGT Joanne	8:30am & 9:30am SGT Ashley	8:30am & 9:30am SGT Joanne	8:30am & 9:30am SGT Leila	9:00am KINESIS SGT Kim	**11:15am FAMILY SGT
9:30am TRX SGT Basem	9:00am KINESIS SGT Kim	8:30am KINESIS SGT Kim	8:30am KINESIS SGT Kim		10:30am SGT Ages 9+ Paige	
9:00am KINESIS SGT Kim	4:30pm SGT Ages 9+ Aaron	10:30am TRX SGT Leila	10:30am TRX SGT Basem	9:30am KINESIS SGT Kim		
9:30am KINESIS SGT Kim	5:30pm KINESIS SGT Aaron	4:45pm KINESIS SGT Kim	4:30pm SGT Ages 9+ Aaron			
4:45pm KINESIS SGT Kim	6:30pm SGT Ethan	6:30pm SGT Carmen	6:00pm KINESIS SGT Aaron			
6:30pm SGT Kim			6:30pm SGT Paige			
			6:30pm SGT VHY Carmen			

\*\*Family SGT is held on the 2nd Sunday of every month.

**TO REGISTER:** Go online [www.ymcafoothills.org/small-group-training](http://www.ymcafoothills.org/small-group-training) follow link to REGISTER and set up Mind Body account to register 3 days in advance for SGT Workouts. For Teen SGT & SGT Ages 9+ advance reservations are not necessary.

**QUESTIONS:** [jkendall@ymcafoothills.org](mailto:jkendall@ymcafoothills.org) [Rosanne@ymcafoothills.org](mailto:Rosanne@ymcafoothills.org)