



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRENGTH & CONDITIONING INSTRUCTORS CCY

SUPPORTING Y MEMBERS WELLBEING!



AN OPPORTUNITY FOR MEMBERS TO GET INSTRUCTION IN THE WELLNESS CENTERS AT THE YMCA OF THE FOOTHILLS!

During the hours listed below, and at those locations, members can sign up for an appointment for exercise instruction two ways:

1. Have Y Staff in the Welcome Center put your name in the Appointment Book.
2. Look for the Strength & Conditioning Instructors in the Wellness Center.

MON	TUES	WED	THURS	FRI	SAT	SUN
8:00-10am CCY Irene	8:00-10am CCY Kristina	8:00-10am CCY Irene	8:00-10am CCY Jonathan	8:00-10am CCY Aaron	8:00-10am CCY Jonathan	10:00-12pm CCY Ashley
5:00-7pm CCY Brady	8:00-10am VHY Aaron	8:00-10am CVY Kimmie	8:00-10am CVY Kimmie	5:00-7pm CCY Ethan		
5:00-7pm VHY Irene	5:00-7pm CCY Carmen	5:00-7pm CCY Aaron	8:00-10am VHY Aaron			
	5:00-7pm CVY Aaron	5:00-9pm VHY Brady	5:00-7pm CVY Aaron			
			5:00-9pm VHY Carmen			
			5:00-7pm CCY Brady			

For more information, please go to www.ymcafoothills.org/fitness-instruction or contact Jodie at jkendall@ymcafoothills.org

- CCY – 1930 Foothill Blvd, La Cañada
- CVY – 3931 Lowell Ave, La Crescenta
- VHY – 6840 Foothill Blvd, Tujunga

Join today to enjoy the benefits of membership or include your whole family with our family membership! As a member you'll enjoy access, savings, and early registration on YMCA Programs.

Talk to a YMCA staff member at
(818) 790-0123 or visit the website at www.ymcafoothills.org

Crescenta-Cañada Family YMCA
1930 Foothill Blvd
La Canada, CA 91011

Crescenta Valley Family YMCA
3931 Lowell Ave.
La Crescenta, CA 91214

Verdugo Hills Family YMCA
6840 Foothill Blvd.
Tujunga, CA 91042



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YMCA of the Foothills is a 501c3 charity. Activities and participation for all is made possible by the contributions of our donors. Please consider a contribution to save and change lives today.