



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A HEALTHIER YOU



Strength and Conditioning Instructors YMCA OF THE FOOTHILLS

Here's 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
8:30-10:30am CCY Bennett	8:00-10:00am CCY Ashley	8:30-10:30am CCY Bennett	8:30-10:30am CCY Bennett	8:00-10:00am CCY Ashley	8:00-10:00am CCY Aaron	10:00-12:00pm CCY Ashley
5:00-7:00pm CCY Rebecca	8:00-10:00am VHY Claudia	8:00-10:00am CVY Kimmie	8:00-10:00am CVY Kimmie	FOR MORE INFORMATION: www.ymcafoothills.org/fitness-instruction CONTACT: Jodie at jkendall@ymcafoothills.org Rosanne at Rosanne@ymcafoothills.org LOCATION KEY: CCY – 1930 Foothill Blvd, La Cañada CVY – 3931 Lowell Ave, La Crescenta VHY – 6840 Foothill Blvd, Tujunga		
5:00-7:00pm VHY Ethan	5:00-7:00pm CCY Carmen	5:00-7:00pm CCY Ethan	8:00-10:00am VHY Alarie			
5:15-6:15pm CVY Kimmie	5:00-7:00pm CVY Aaron	6:30-8:30pm VHY Claudia	5:00-7:00pm CVY Aaron			
			5:00-7:00pm CCY Rebecca			