



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 |
|------------------------------|----------------------------|------------------------------|------------------------------|--|---------------------------|-----------------------------|
| 8:00-10am CCY Jonathan | 8:00-10am CCY Ashley | 8:00-10am CCY Jonathan | 8:00-10am CCY Jonathan | 8:00-10am CCY Ashley | 8:00-10am CCY Aaron | 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 | FOR MORE INFORMATION: www.ymcafoothills.org/fitness-instruction CONTACT: Jodie at jkendall@ymcafoothills.org LOCATION KEY: CCY – 1930 Foothill Blvd, La Cañada CVY – 3931 Lowell Ave, La Crescenta VHY – 6840 Foothill Blvd, Tujunga | | |
| 5:00-7pm VHY Ethan | 5:00-7pm CCY Carmen | 5:00-7pm CCY Ethan | 8:00-10am VHY Aaron | | | |
| 5:15-6:15pm CVY Kimmie | 5:00-7pm CVY Aaron | 5:00-9pm VHY Brady | 5:00-7pm CVY Aaron | | | |
| | | | 5:00-7pm VHY-Carmen | | | |
| | | | 5:00-7pm CCY Brady | | | |

The Y is committed to improving the Wellbeing of everyone in our community. Join us by supporting the Y today at

www.ymcafoothills.org



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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.