



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## YOUR OUTDOOR Y

Great news! We are opening our doors one more time, but this time it's **OUTDOORS!** We are excited to welcome everyone back to our Outdoor Y. Our Crescenta-Cañada Family YMCA location will be open for outdoor classes, free weights, and select cardio equipment.

**Starting Monday, August 10th:**

**Outdoor Gym Hours:** Monday - Friday  
6am-10am  
3pm-7pm

**Location:** 1930 Foothill Blvd.  
La Cañada Flintridge, CA 91011

In addition to this outdoor experience, we are happy to now offer Les Mills programming for free as a part of your membership! Les Mills is a renown program and we are happy to bring this fun, cardio filled workout to take your fitness to the next level. Join us as we work up a sweat with Les Mills, Small Group Training, and Cycle!

## LES MILLS



Feel it all.

LES MILLS  
BODYCOMBAT

FOR A FITTER PLANET

LES MILLS is on a mission to create a fitter planet. This doesn't mean making people work out. It means helping people fall in love with fitness so that they want to work out.

**STARTING AUGUST 17TH**

**BODYCOMBAT** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\*\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

CLASS TIMES:

Monday: 5:30pm-6:30pm  
Thursday: 8:30am-9:30am

**BODYFLOW** an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

CLASS TIME:

Tuesday: 8:30am-9:30am

RESERVE my SPOT

All Les Mills classes will be held in person only in the East Parking Lot, and will need a

reservation.

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## OUTDOOR CLASSES



[RESERVE my SPOT](#)

SGT Classes: **STARTING AUGUST 10TH**

CLASS TIMES:

Monday: 8:30am-9:30am

Wednesday: 5:30pm-6:30pm

**Outdoor SGT Classes will be held in person only in the East Parking Lot and will need a reservation.**

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CYCLE Classes: **STARTING AUGUST 17TH**

CLASS TIMES:

Monday: 5:30pm-6:30pm (in person & virtually)

Tuesday: 8:00am-9:00am (in person only)

**Outdoor Cycle Class will be held in the Patio Room and will need a reservation for in person only.**

[FOR MORE INFORMATION ABOUT CLASSES & OUTDOOR GYM](#)

Please check the website for the most up to date schedule

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**Is your membership currently on hold? Reactivate your membership today**

[REACTIVATE my MEMBERSHIP](#)

## WORKING OUT OUTDOORS?



Reserve your spot up to 24 hours in advance through motionvibe.



Please check in with membership at the front entrance before class.



Please bring your own water & water bottle for class.



Please bring a mat and/or towel to class.



It is mandatory to wear your mask at all times.



**YMCA OF THE FOOTHILLS** | [ymcafoothills.org](http://ymcafoothills.org)

Crescenta-Cañada Family YMCA

1930 Foothill Blvd.

La Cañada Flintridge, CA 91011