

MONDAY

| Time | Class | Room |
|---------------------|--------------------------|----------------------|
| 6:00 - 7:00 | Boot Camp 🌀 | Studio 1 & 2-Maggie |
| 6:00 - 7:00 | Cycle/Abs *** | Cycle Studio-Deanne |
| 6:30 - 7:45 | Y's Fitness (E) | Studio 1&2-Dorothy |
| 8:15 - 9:15 | Cycle *** | Cycle Studio-Carmen |
| 8:30 - 9:30 | Body Works | Studio 1&2-Rosanne |
| 9:00 - 10:15 | Yoga | Studio 3-Kelley |
| 9:30 - 10:15 | Cycle *** | Cycle Studio-Daniela |
| 9:30 - 10:30 | Running Club 🌀 | Track - Maggie |
| 9:45 - 11:00 | Step + BW/Adv | Studio 1&2-Vera |
| 10:00 - 11:00 | AFEP (E) | Patio Room-Marlenne |
| 10:30 - 11:30 | Pilates for Everyone (E) | Studio 3-Roberta |
| 11:00 - 12:15 | Tai Chi (E) | Studio 1-Bobbi |
| 11:15 - 12:00 | Y-Express Adults(50+) | Circuit Room |
| 11:30 - 12:30 | Pilates | Studio 3-Roberta |
| 1:30 - 2:30 | Balance Fit | Studio 2-Bobbi |
| 5:30 - 6:30 | Cycle *** | Cycle Studio-Rosanne |
| 5:30 - 6:30 | Step + BW | Studio 1-Dawn |
| 5:30 - 6:45 | Yoga | Studio 3-Cybelle |
| 5:45 - 7:00 | Yoga (E) | Studio 4-Anahit |
| 6:00 - 6:30 | All Abs | Studio 2-Denise |
| 6:30 - 7:15 | Zumba | Studio 1-Dorothy |
| 6:30 - 7:30 | Body Works | Studio 2-Denise |
| 7:00 - 8:15 | Yoga | Studio 3-Eden |
| 7:15 - 8:00 | Pilates | Studio 1-Dorothy |

TUESDAY

| Time | Class | Room |
|--------------------|---------------------|-----------------------|
| 6:00 - 7:00 | Power Conditioning | Studio 1&2-Maggie |
| 6:00 - 7:00 | Yoga 🌀 | Studio 3-Michael |
| 7:00 - 8:00 | Cycle | Cycle Studio-Rosanne |
| 8:00 - 9:00 | Low Impact/Beg. (E) | Studio 2&4-Pam |
| 8:30 - 9:15 | Cycle *** | Cycle Studio-Daniela |
| 8:30 - 9:30 | Cardio Circuit | Studio 1&2-Vera |
| 9:00 - 10:15 | Yoga | Studio 3-Suzanne |
| 9:30 - 10:15 | Cycle *** | Cycle Studio-Carmen |
| 9:45 - 10:45 | Stroller Fitness | Upper Parking Lot-Ann |
| 9:45 - 11:00 | Cardio Funky Dance | Studio 1&2-Darcel |
| 10:00 - 10:30 | Y-Express Women | Circuit Room |
| 10:30 - 11:00 | Y-Express Women | Circuit Room |
| 10:30 - 11:45 | Yoga | Studio 3-Kelley |
| 10:30 - 11:45 | Gentle Yoga (E) | Studio 4-Suzanne |
| 11:15 - 12:15 | Y's Fitness (E) | Studio 1&2-Marlenne |
| 1:30 - 2:45 | Qigong (E) | Studio 3-Antoinette |
| 5:00 - 6:00 | Core Fusion | Studio 3-Michael |
| 5:30 - 6:30 | Cardio Kickboxing | Studio 1& 2-Hilary |
| 6:00 - 7:00 | Cycle/Abs *** | Cycle Studio-Denise |
| 6:00 - 7:15 | Iyengar Yoga | Studio 3- Andrea |
| 7:00 - 8:15 | Broadway Dance | Studio 1-Malinda |
| 7:30 - 8:45 | Yoga | Studio 3-Renee |

WEDNESDAY

| Time | Class | Room |
|---------------|-----------------------|-------------------------|
| 6:00 - 7:00 | Boot Camp 🌀 | Studio 1&2-Maggie |
| 6:00 - 7:00 | Cycle/Abs *** | Cycle Studio-Michael |
| 6:30 - 7:30 | Pilates | Studio 3-Jennifer/Larry |
| 6:30 - 7:45 | Y's Fitness (E) | Studio 1&2-Dorothy |
| 8:30 - 9:15 | Cycle *** | Cycle Studio-Larry |
| 8:30 - 9:30 | Body Works | Studio 1-Rebecca |
| 8:30 - 9:30 | Low Impact/Dance | Studio 2-Diane |
| 9:00 - 10:15 | Yoga | Studio 3-Eden |
| 9:30 - 10:30 | Cycle/Abs *** | Cycle Studio-Rosanne |
| 9:45 - 11:00 | Step + BW Adv | Studio 1&2-Vera |
| 10:00 - 11:00 | AFEP (E) | Patio Room-Marlenne |
| 10:30 - 11:30 | Pilates (E) | Studio 4-Monica |
| 10:30 - 12:00 | Gentle Yoga (E) | Studio 3-Diane |
| 11:00 - 12:00 | Balance Fit (E) | Patio Room-Bobbi |
| 11:15 - 12:00 | Y-Express Adults(50+) | Circuit Room |
| 12:15 - 1:10 | Pilates | Studio 2-Ann |
| 1:30 - 2:30 | Tai Chi Basics | Studio 1-Bobbi |
| 5:30 - 6:30 | Cardio Circuit | Studio 1-Heather |
| 5:30 - 6:30 | Cycle ⊕ | Cycle Studio-Carmen |
| 5:30 - 6:45 | Yoga | Studio 3-Cybelle |
| 6:00 - 6:30 | All Abs | Studio 2-Denise |
| 6:30 - 7:00 | Hoop Dance | Studio 1-Leela |
| 6:30 - 7:30 | Body Works | Studio 2-Denise |
| 6:30 - 7:45 | Gentle Yoga | Studio 4-Moriah |
| 6:30 - 8:30 | Running Club | Track-Iradj |
| 7:00 - 8:00 | Beg. Bellydance | Studio 1-Leela |
| 7:00 - 8:15 | Yoga | Studio 3-Anahit |

THURSDAY

| Time | Class | Room |
|---------------|---------------------|------------------------|
| 6:00 - 7:00 | Power Conditioning | Studio 1&2-Maggie |
| 6:00 - 7:00 | Yoga | Studio 3-Michael |
| 7:00 - 8:00 | Cycle | Cycle Studio-Michael |
| 8:00 - 9:00 | Low Impact/Beg. (E) | Studio 2&4-Pam |
| 8:30 - 9:15 | Cycle *** | Cycle Studio-Deanne |
| 8:30 - 9:30 | Cardio Circuit | Studio 1&2-Diane |
| 9:00 - 10:15 | Yoga | Studio 3-Emily |
| 9:30 - 10:15 | Cycle *** | Cycle Studio-Rod |
| 9:30 - 10:15 | Stretch (E) | Studio 4-Diane |
| 9:45 - 10:45 | Stroller Fitness | Upper Parking Lot-Ann |
| 9:45 - 11:00 | Cardio Funky Dance | Studio 1&2-Darcel |
| 10:00 - 10:30 | Y-Express Women | Circuit Room |
| 10:30 - 11:00 | Y-Express Women | Circuit Room |
| 10:30 - 12:00 | Gentle Yoga (E) | Studio 4-Diane |
| 10:30 - 11:45 | Yoga | Studio 3-Kelley |
| 11:00 - 12:15 | Tai-Chi (E) | Studio 1-Bobbi |
| 5:00 - 6:00 | Core Fusion ⊕ | Studio 3-Michael |
| 5:30 - 6:30 | Cycle *** | Cycle Studio-Howard |
| 5:30 - 6:30 | Body Works | Studio 1-Rosanne |
| 5:30 - 6:30 | Cardio Kickboxing | Studio 2-Patty/Jacquie |
| 7:00 - 8:00 | Pilates | Studio 4-Dorothy |
| 7:00- 8:15 | Cardio Funky Dance | Studio 1&2-Darcel |
| 7:30 - 8:45 | Yoga | Studio 3-Anahit |

FRIDAY

| Time | Class | Room |
|---------------|-------------------|----------------------|
| 6:00 - 7:00 | Cycle/Abs *** | Cycle Studio-Deanne |
| 6:30 - 7:30 | Pilates | Studio 3-Dorothy |
| 6:30 - 7:45 | Y's Fitness (E) | Studio 1&2-Marlenne |
| 8:30 - 9:15 | Cycle *** | Cycle Studio-Rosanne |
| 8:30 - 9:30 | Step + BW | Studio 1&2-Diane |
| 9:00 - 10:15 | Yoga | Studio 3-Suzanne |
| 9:30 - 10:15 | Stretch (E) | Studio 4-Diane |
| 9:30 - 10:30 | Cycle *** | Cycle Studio-Daniela |
| 9:45 - 11:00 | Step + BW/Adv. | Studio 1&2-Jacquie |
| 10:30 - 11:30 | Core Fusion | Studio 4-Jamie |
| 10:30 - 11:45 | Yoga | Studio 3-Kelley |
| 11:00 - 12:00 | Line Dancing (E) | Studio 1&2-Malinda |
| 3:15 - 5:15 | Y-Express Family* | Circuit Room |
| 5:30 - 6:45 | Yoga | Studio 3-Cybelle |
| 5:30 - 6:45 | Yoga (E) | Studio 4-Eden |
| 6:00 - 7:00 | Cycle/Abs | Cycle Studio-Denise |
| 6:00 - 7:00 | Body Works | Studio 2-Anne |

SATURDAY

| Time | Class | Room |
|---------------------|------------------------------|-------------------------|
| 8:15 - 9:30 | Step Int/Adv | Studio 1&2-Dawn/Deb |
| 8:15 - 9:00 | Cycle *** | Cycle Studio-Carmen |
| 9:00 - 10:00 | Body Works | Studio 4-Louie |
| 9:00 - 10:00 | Yoga | Studio 3-Michele/Janine |
| 9:00 - 10:00 | Qigong | Patio Room-Simone |
| 9:15 - 10:00 | Cycle *** | Cycle Studio-Diana |
| 9:30 - 10:30 | Cardio Kickboxing | Studio 1&2-Jacquie |
| 10:00 - 12:00 | Y-Express Family* | Circuit Room |
| 10:15 - 11:30 | Yoga | Studio 3-Eden |
| 11:45 - 1:00 | Gentle Yoga (E) ⊕ | Studio 4-Lynda |
| 10:30 - 11:30 | Dancercise | Studio 1&2-Lisa |
| 11:45 - 1:00 | Cardio Funky Dance 🌀 | Studio 1&2-Darcel |
| 12:00 - 1:15 | Yoga | Studio 3-Cybelle |
| 1:30 - 3:00 | Alexander Technique 🌀 | Studio 4-Bill |
| 4:30 - 5:45 | Iyengar Yoga | Studio 3-Andrea |

SUNDAY

| Time | Class | Room |
|---------------|-------------------|-----------------------------|
| 7:00 - 9:00 | Running Club | Off Site-Iradj ♦ |
| 11:15 - 12:00 | Cycle *** | Cycle Studio-Howard/Gary |
| 11:15 - 12:30 | Yoga | Studio 3-Moriah |
| 12:00 - 2:00 | Y-Express Family* | Circuit Room |
| 12:15 - 1:15 | Body Works | Studio 1 & 2 Howard/Michael |
| 12:30 - 2:00 | Yoga | Studio 3-Renee |
| 4:00 - 5:00 | Family Yoga ⊕ | Studio 3-Ellia |

LEGEND

| | |
|---|--------------------------|
| *** = Reserve cycle at Welcome Desk 30 minutes prior. | ⊕ = Time change |
| E = Suitable for entry-level participants | ♦ = Register at ext. 231 |
| | * = Includes kids 9-14 |
| | 🌀 = New class |

CLASS DESCRIPTION

AFEP: The Arthritis Foundation Exercise Program is non-clinical group participation with activities designed to improve joint motion and endurance. This program includes accommodations for individual limitations and does not encourage activities that might aggravate arthritis symptoms.

Alexander Technique: Learn postural awareness. Improve balance, coordination and breathing. Must take six week introduction session.

All Abs: 30 minutes devoted to core strengthening.

Balance Fit: Entry level movement program focusing on key components of balance to help prevent falls. This class is designed to provide on-going support for graduates of the FallProof program.

Belly Dance: An excellent way to improve balance, coordination, posture, muscle tone, and self-expression through graceful, traditional, Middle Eastern and free-style dance movements.

Boot Camp: Push for your personal best with boot-camp format class doing power drills, obstacle courses, running, calisthenics, bodyweight resistance training & more!

Broadway Jazz: This class makes popular jazz choreography simple enough for all levels to follow. Feel like a Broadway star while improving flexibility and cardio endurance.

Body Works (BW) / Power Conditioning: The ultimate muscular challenge. This class uses weights, bands, step, body bars, and resist-a-balls. The focus is muscular strength, endurance and flexibility.

Cardio Circuit: An exciting class combining hi/low, kickboxing, step and resistance training utilizing circuit, interval and continuous training formats.

Cardio Funky Dance: Hip-hop, jazz, Latin, and current dance moves choreographed into an easy-to-follow format. A fun class with hot music & a dynamic instructor!

Cardio Kickboxing: An exciting class combining basic boxing and kicking drills to promote cardiovascular endurance and strength.

Core Fusion: Concentrates on muscle conditioning and flexibility through traditional exercises and a fusion of Yoga and Pilates movements.

Cycle: A non-impact, high-energy cardio ride on stationary bikes simulating a road bike workout to music. In-person bike reservation is required at the service desk. Abs incorporated in some classes.

Dancercise: A low-impact format with easy to follow dance steps set to upbeat pop and Latin music. This dynamic class gives you a cardio workout while having fun.

Family Yoga: Enjoy songs and stories that lead you through yoga poses to practice as a family. Children of all ages are welcome with parents.

Hoop Dance: Use modern, specially designed hula hoops for a playful workout. Increase your cardio endurance, improve your coordination and have fun burning calories.

Iyengar Yoga: Emphasis on the structural alignment of the body through the practice of asanas (postures). Focuses on standing poses and the use of props to build strength, coordination and balance.

Line Dancing: Kick off your weekend learning a variety of line dances including country and Latin.

Low Impact: A cardiovascular, non-jumping workout to cardio-vascular fitness. You will be moving to music with easy to follow steps.

Pilates: Develops muscles and improves posture. It increases flexibility and enhances alignment and coordination. Pilates is beneficial for all fitness levels.

Qigong: Qigong's slow flowing movements are a gentle and subtle way to tone muscles, increase energy and flexibility. Incorporates therapeutic meditation and breath work to release stress and restore calmness.

Running Club: Train with a running coach who helps you set goals and gauge your progress. Plus, get support from runners of all ages and abilities.

Step + BW: Power movements and hot choreography gear you to the utmost in step training. Includes muscle conditioning.

Stretch: This class emphasizes core training and stretch with a Pilates and Yoga base.

Tai Chi: A mind-body discipline to improve relaxation, balance and coordination. Basic class teaches beginning movements.

Y's Fitness: Entry level to moderate workout using weights, bands, and balls. Includes stretching and walking to improve cardiovascular conditioning and flexibility.

Yoga: Suitable for students who are either new to yoga or ongoing students who wish to enhance their practice. It is recommended that students are injury-free and have a healthy fitness level. All classes are multi-level.

Gentle Yoga: Calming class that incorporates yoga poses with a focus on releasing tight muscles, increasing range of motion and stress relief. Suitable for entry-level participants and those interested in a more therapeutic practice.

Zumba: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a cardio experience that is exhilarating and energizing.

CLASS ETIQUETTE

- ◆ For your safety and the consideration of others, arrive on time for class.
- ◆ Appropriate footwear and shirts required
- ◆ Store personal belongings in the locker rooms.
- ◆ Only capped, unbreakable bottles are allowed; no food or gum.
- ◆ Turn cell phones off during class
- ◆ Notify instructor if you need to modify your workout.
- ◆ Wipe down and put away equipment after workout.
- ◆ Equipment is to be used only in classes when instructed to do so.

WINTER GROUP EXERCISE CLASS SCHEDULE



EFFECTIVE January 11, 2010

Crescenta-Cañada Family YMCA
1930 Foothill Blvd.

La Cañada Flintridge, CA 91011
(818) 790-0123

Substitute Instructor Hotline ext. 4
Additional Information ext. 231

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