
YMCA x BLUESHIELD x SIMA



blue  of california

YMCA x BLUESHIELD

YMCA OF THE FOOTHILLS

Saturday, October 28, 2017 at 10am - 2PM PST

Sima will be doing a happy yoga demonstration and cooking demonstration!

The YMCA of the Foothills hosted its first ever Fitness Festival on October 28th, 2017! Thanks to all that joined us, our sponsors and a special thank you to our celebrity guests SIMA and Tadeo (learn more about them below). Stay tuned for details on next years Fitness Festival! BE WELL at our YMCA of the Foothills Inaugural Fitness Festival See how you can incorporate more movement, fitness, and Wellbeing in your life by attending our fun, FREE event.

- Interactive class demonstrations with top YMCA instructors
- Wellbeing talk
- FREE samples from local vendors

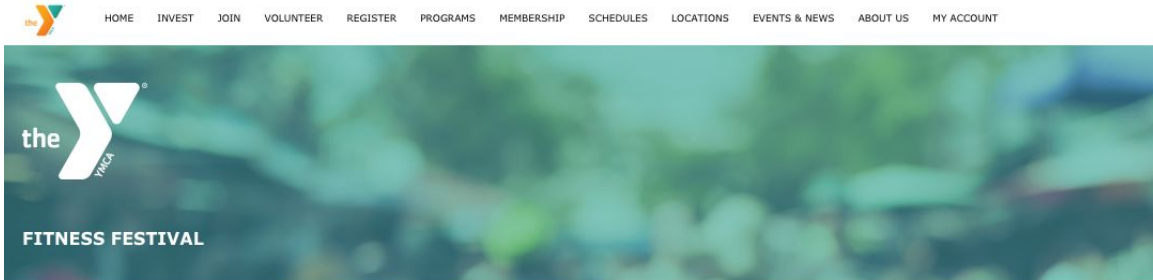
Info:

CCY - 11:00am - 11:30am Sima will do a Happy Yoga Demo

11:45am - 12:15pm Sima will make a healthy smoothie from her upcoming book Sima's Healthy Indulgence (Free giveaways and chance to win Sima's book)

Link to YMCA website:

<https://www.ymcafoothills.org/fitness-festival.html>



FITNESS FESTIVAL

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Stay tuned for details on next years Fitness Festival!

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See how you can incorporate more movement, fitness, and Wellbeing in your life by attending our fun, FREE event.

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- Wellbeing talk
- FREE samples from local vendors

Info:

CCY - 11:00am - 11:30am **Sima** will do a Happy Yoga Demo from her upcoming book **Sima's Healthy Indulgence** (Free giveaways and chance to win **Sima's** book)

11:45am - 12:15pm **Sima** will make a healthy smoothie

BRING A FRIEND!

Already a member?

Bring a friend to the Fitness Festival to receive 50% off any Youth Program!

BECOME A MEMBER!

Join on October 28th

• \$0 to join

• No dues until November 1st!

Classes below are in addition to regular YMCA schedules, visit www.ymcafoothills.org for more info

**Crescenta— Canada Family
YMCA Fitness
Festival Schedule**

1930 Foothill Blvd.,
La Canada 91011

Saturday, October 28th, 2017

Adults and Seniors:

10:00am Power Conditioning Demo
10:00am-12:00pm Doc Talks, Balance
and Fit, Tai Chi, Chair Class,
Chiropractor
10:30am Dance Demo
11:00am Cycle Demo
11:45am All Abs Demo

Kids and Teens:

10:00am Small Group Training Demo
10:00am-2:00pm Free Face Painting
12:00pm Water Fitness Demo
1:00pm Water Safety Demo

All (ongoing from 10:00am-2:00pm)
Gymnastics Demonstrations in Gym
Basketball Shooting Contests in Gym
The Dawson Garage, Ping Pong
Vendors Demonstrating their Products
Nurses at Wellbeing Center with Blood
Pressure and Cholesterol Checks
Soccer Game (sponsored by Blue Shield)

blue shield of california

FREE hot dogs served at 12pm



Come try FREE samples!

**Crescenta Valley Family YMCA
Fitness
Festival Schedule**

3931 Lowell Ave.
La Crescenta 91214

Saturday, October 28th, 2017

Adults:

10:00am Small Group Training Demo
11:00am Kinesis Demo
1:00pm Cycle Demo
1:00pm Yoga Demo

Teens:

10:00am Just Dance Demo
11:00am Small Group Training Demo
1:00pm Log Roll in the pool

Kids:

10:00am Rock Wall and
Martial Arts Demo
11:00am Log Roll in the Pool
1:00pm Small Group Training Demo

All (ongoing from 10:00am-2:00pm)
Gaga Pit
Ping Pong

FREE BBQ served at 12pm

**Verdugo Hills Family
YMCA Fitness
Festival Schedule**

6840 Foothill Blvd.,
Tujunga 91042

Saturday, October 28th, 2017

Adults:

10:00am Piloxing Demo
11:00am Zumba Demo
1:00pm Small Group Training Demo

Teens:

1:00pm
Small Group Training Demo
Pool Volleyball

Kids

10:00am- 12:00pm Arts and Crafts

All (ongoing from 10:00am-2:00pm)
The Mobile Garage
Ping Pong
Outdoor Basketball on Court
Community Garden Grand Opening
(the YMCA will provide plants and posters to
decorate and name your plant)
Nurses at Wellbeing Center with Blood
Pressure and Cholesterol Checks

FREE lunch served at 12pm
(sponsored by Albertsons)



Wellness Event With
SIMA x BLUE SHIELD OF CALIFORNIA

Saturday, October 28th, 2017

Locations:

Crescenta—Canada Family YMCA Fitness
1930 Foothill Blvd, La Canada, CA 91011

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

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

SIMA

blue shield of california



SIMA has partnered up with Blue Shield of California to speak on health and wellness. With her extensive background and 20+ years of knowledge and expertise over the years in the health and wellness field, she will be able to mentor those in attendance and guide and help them to live a better and healthier lifestyle. SIMA will also be doing a cooking demo of a recipe from her upcoming book *Sima's Healthy Indulgence* and a workout demonstration! So come join us to sweat and indulge!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE FOOTHILLS

OUR MISSION

The mission of the YMCA of the Foothills is to organize, develop, finance, and conduct programs for an association of persons of all ages that will, by putting Christian principles into practice, enrich the quality of their lives spiritually, mentally, physically and socially.



SIMA is a celebrity trainer, nutritionist, wellness expert, and life coach with more than twenty years' experience. In her life journey she learned the important elements that govern and influence health and happiness. She perfected her method to help people from all walks of life discover these elements which pave the way for achieving sustainable health and happiness in life: Self, Sweat and Substance. Her expertise in nutrition (substance) and fitness (sweat) has helped thousands of overweight individuals achieve ideal weight – the culinary part of that work resulted in the creation of this book. Sima resides in Los Angeles, California, with her daughter Kayla.

For media related inquiries contact:

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