

Crescenta Valley Family YMCA

Group Exercise Schedule - September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 8:30 am Rosanne M.	Body Conditioning 9:00 am Rosanne M.	*SGT 8:30 am Leila B.	Boot Camp 9:00 am Leila B.	Cycle 8:30 am Rosanne M.	*SGT 8:30 am Ashley/Paige
*SGT 8:30 am Ashley F.	Aqua Fit 9:00 am Kerri E.	Cycle 8:30 am Ashley F.	Aqua Fit 9:00 am Kerri E.	Aqua Fit 9:00 am Kerri E.	
Body Conditioning 9:00 am Daniela L.	Pilates 10:15 am Lisa K.	Aqua Fit 9:00 am Kerri E.	Pilates 10:15 am Liza R.	Aqua Fit 10:00 am Kerri E.	
Aqua Fit 9:00 am Kerri E.	Zumba 6:30 pm Keimi J.	Aqua Fit 10:00 am Kerri E.	Gentle Yoga 10:30 am Rita M.	Body Conditioning 10:00 am Rosanne M.	
Aqua Fit 10:00 am Kerri E.		Zumba 10:00 am Wendy R.	Body Conditioning 5:30 pm Paige P.	Pilates 10:00 am Lisa K.	
Yoga 10:00 am Emily K.		Body Conditioning 5:30 pm Rosanne M.	Zumba 6:30 pm Liza R.		
Cycle 5:30 pm Rosanne M.					
Power Yoga 6:30 pm Dylan Z.					

Group Ex Studios	Yoga Studio	Cycle Studio	SGT Center		
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*SGT is a fee-based class.

CVY is located at 3931 Lowell Ave. La Crescenta, CA 91214

RESERVE YOUR SPOT on our app or scan the QR code to reserve online.

FOR MORE INFORMATION, go to [YMCAfoothills.org/schedules](https://www.ymcafoothills.org/schedules) or email Rosanne at rosanne@ymcafoothills.org

9/1/2023