

Verdugo Hills Family YMCA

Group Exercise Schedule - March, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 6:00 pm Wafa A.	Aqua Fit 9:00 am Irina N.	Aqua Arthritis 10:00 am Irina N.	Aqua Fit 9:00 am Irina N.	Zumba Express 7:00 pm Rosa T.	
	Yin Yoga 9:00 am Jane G.	Low Impact 11:30 am Irina N.	Balance Fit 10:30 am Irina N.		
	Balance Fit 10:30 am Irina N.	Sr. Strength & Cardio 1:00 pm Irina M.	Balance Fit 12:00 pm Irina N.		
	Balance Fit 12:00 pm Irina N.	Zumba 5:30 pm Lisa K.			
	Gentle Yoga 5:30 pm Rita M.				

Classes located in:

Community Room

Pool

Blue = new class or change

VHY is located at 6840 Foothill Blvd. Tujunga, CA 91042

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

FOR MORE INFORMATION, go to YMCAfoothills.org/schedules or email Lori at ldurbin@ymcafoothills.org

3/1/2023