

Verdugo Hills Family YMCA

Group Exercise Schedule – October, 2022 (Link Project)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact Land Arthritis 8:00 am Irina M.	Aqua Fit 9:00 am Irina N.	Sr. Strength & Cardio 1:00 pm Irina M.	Aqua Fit 9:00 am Irina N.	Low Impact Land Arthritis 9:00 am Irina M.	
Aqua Arthritis 9:00 am Irina N.	Yin Yoga 9:15 am Jane G.	Zumba 5:30 pm Lisa K.	Aqua Fit 10:00 am Staff	Aqua Arthritis 10:00 am Irina N.	
Aqua Fit 10:00 am Irina N.	Aqua Fit 10:00 am Staff		Balance Fit – Level 2 10:30 am Irina N.	Aqua Fit 11:00 am Irina N.	
Aqua Fit 6:00 pm Wafa A.	Balance Fit – Level 2 10:30 am Irina N.		Balance Fit – Level 1 12:00 pm Irina N.		
	Balance Fit – Level 1 12:00 pm Irina N.				
	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](https://ymcafoothills.org/schedules) or email Lori at ldurbin@ymcafoothills.org

9/30/22

