Crescenta Valley Family YMCA
Group Exercise Schedule - February 2026

Community in Action
YMCA OF THE FOOTHILLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SGT 8:30 am Ashley F.		*SGT 8:30 am Leila B.	*SGT 8:30 am Jackie N.	*SGT 8:30 am Nikki E.	
Cycle 8:30 am Rosanne M.	Yoga 9:00 am Ro S.		Mat Pilates 9:00 Liza R.	Cycle 8:30 am Rosanne M.	Yoga 9:00 am Kelly F.
Body Conditioning 9:00 am Daniela L.	Body Conditioning 9:00 am Rosanne M.	Body Conditioning 9:00 am Lisa K.	Body Conditioning 9:00 am Ro S.	Body Conditioning 10:00 am Rosanne M.	Yoga 10:30 am Kelly F.
Yoga 10:00 am Emily K.	Mat Pilates 10:15 am Lisa K.	Yoga 9:00 - 10:15 am Suzanne G.	Power Pilates 10:15 am Liza R.	Mat Pilates 10:00 - 11:15 am Lisa K.	
Mat Pilates 10:15 am Tracey Y.		Zumba 10:15 am Liza R.	Gentle Yoga 10:30 am Rita M.		
Cycle 5:30 pm Rosanne M.	Mat Pilates 5:00 pm Liza R.	Gentle Yoga 10:30 - 11:45 am Suzanne G.	Body Conditioning 5:30 pm Sarah U.	Zumba 5:30 pm Sarah U.	
	Zumba 6:30 pm Keimi J.	Mat Pilates 5:00 pm Liza R.	Zumba 6:30 pm Sarah U.		
Yoga 6:30 pm Monica P.		Body Conditioning 5:30 pm Rosanne M.	Yin Yoga 6:30 pm Jane G.		
Group Ex Studio	**Yoga Studio**	**Cycle Studio**	**SGT Center**		

New or class changes highlighted in blue.

*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 or email Rosanne at rosanne@ymcafoothills.org

2/1/2026

FITNESS CLASS ETIQUETTE

1) As a sign of respect for your fellow members and the class instructor, we kindly ask that you arrive on time. **Please note that members will not be able to join the class 5 minutes after it has begun.**

2) For the smooth running of the class, **the doors will be closed once the session has started.** We appreciate your understanding and request you refrain from entering once the doors are closed.

3) Keeping the doors closed will keep the air and music inside the studio, creating an enjoyable experience for all, both inside and outside.