

Verdugo Hills Family YMCA

Group Exercise Schedule - January 2026



Community in Action
YMCA OF THE FOOTHILLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Low Impact/Land Arthritis 9:00 am Irina N.	Sr. Strength & Cardio 8:45 am Ro S.	Low Impact/Land Arthritis 9:00 am Irina N.	Chair Yoga/Stretch 8:30 am Daniel S.	Yoga 8:30 am Shelby J.
	Balance Fit 10:30 am Irina N.	Chair Yoga/Stretch 10:00 Daniel S.	Balance Fit 10:30 am Irina N.	Balance Fit 10:30 am Irina N.	Zumba 10:00 am Rosa T.
Chair Yoga/Stretch 11:30 am Daniel S.	Balance Fit 12:00 pm Irina N.	Low Impact/Land Arthritis 11:30 am Irina N.	Balance Fit 12:00 pm Irina N.	Balance Fit 12:00 pm Irina N.	
		Sr. Strength & Cardio 1:00 pm Irina M.	Gentle Yoga 1:30 pm Lynda M.	Sr. Strength & Cardio 1:30 pm Irina M.	
Zumba 6:00 pm Karen A.	Gentle Yoga 5:45 pm Rita M.	Zumba 5:30 pm Cece R.		Zumba 6:30 pm Rosa T.	

Classes located in: Community Room

New or class changes highlighted in blue.

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

RESERVE YOUR SPOT on our app

FOR MORE INFORMATION, go to YMCAFoothills.org/schedules or email Rosanne at rosanne@ymcafoothills.org

1/1/2026

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. **Doors will remain open during Senior Fit classes for safety reasons.**
- 3) Keeping the doors closed will keep the air and music inside the studio, creating an enjoyable experience for all, both inside and outside.