

# Crescenta Valley Family YMCA

## Group Exercise Schedule - November 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 Sarah U.	Pilates 10:00 am Lisa K.	
Yoga 10:00 am Emily K.		Body Conditioning 5:30 pm Rosanne M.	Zumba 6:30 pm Sarah U.		
Cycle 5:30 pm Rosanne M.					
Yoga 6:30 pm Clara					

Group Ex Studios	Yoga Studio	Cycle Studio	SGT Center		
------------------	-------------	--------------	------------	--	--

**\*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](http://YMCAfoothills.org/schedules) or email Rosanne at [rosanne@ymcafoothills.org](mailto:rosanne@ymcafoothills.org)