

Verdugo Hills Family YMCA

Group Exercise Schedule - April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 9:00 am Kerri E.	Aqua Fit 9:00 am Irina N.	Aqua Fit 9:00 am Kerry E.	Aqua Fit 9:00 am Kerri E.	Aqua Arthritis 9:00 am Irina N.	
Aqua Fit 10:00 am Kerry E.	Aqua Fit 10:00 am Kerri E.	Aqua Arthritis 10:00 am Irina N.	Aqua Fit 10:00 am Kerri E.	Aqua Fit 10:00 am Kerri E.	
Zumba Gold 10:00 am Wendy R.	Yin Yoga 9:00 am Jane G.		Low Impact/Land Arthritis 9:00 am Irina N.		
	Balance Fit 10:30 am Irina N.		Balance Fit 10:30 am Irina N.	Balance Fit 10:30 am Irina N.	
	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.		Sr. Strength & Cardio 1:30 pm Irina M.	
Zumba 6:00 pm Karen A.	Gentle Yoga 5:30 pm Jane G.	Zumba 5:30 pm Lisa K.		Zumba 6:30 pm Rosa T.	
Aqua Fit 6:00 pm Wafa A.	Aqua Fit 6:15 pm Kerri E.	Aqua Fit 6:15 pm Kerri E.	Aqua Fit 6:15 pm Kerri E.		

Classes located in:

Community Room
Pool

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