

Crescenta Valley Family YMCA

Group Exercise Schedule - September, 2022 (Link Project)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 8:30 am Rosanne M.	*SGT 8:30 am Leila B.	*SGT 8:30 am Leila B.	*Kinesis 9:00 am Kimmie W.	Cycle 8:30 am Rosanne M.	
*Kinesis 9:00 am Kimmie W.	Body Conditioning 9:00 am Rosanne M.	<i>Cycle</i> 8:30 am <i>Ashley F.</i>	*Kinesis 9:30 am Kimmie W.	Aqua Fit 10:00 am Staff	
*Kinesis 9:30 am Kimmie W.	Pilates 10:00 am Lisa K.	Aqua Fit 10:00 am Staff	<i>Pilates</i> 10:00 am <i>Liza R.</i>	Body Conditioning 10:00 am Rosanne M.	
<i>Yoga</i> 10:00 am <i>Emily K.</i>	<i>Zumba</i> 10:15 am <i>Liza R.</i>	Body Conditioning 5:30 pm Rosanne M.	Gentle Yoga 10:30 am Rita M.	<i>Pilates</i> 10:00 am <i>Lisa K.</i>	
Aqua Fit 10:00 am Staff	<i>Zumba</i> 6:30 pm <i>Keimi J.</i>	Zumba 6:30 pm Cecilia R.	Body Conditioning 5:30 pm Sarah U.	Yoga 11:15 am Suzanne G.	
Cycle 5:30 pm Rosanne M.			Zumba 6:30 pm Sarah U.		
Yoga 6:30 pm Dylan Z.					

Group Ex Studios	Yoga Studio	Cycle Studio	SGT Center	Pool	Kinesis Studio
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Blue = new class and *Blue Italic* = temporary class due to Link Project

*SGT and Kinesis are fee-based classes. Please note Kinesis classes are 30 minutes.

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](https://ymcafoothills.org/schedules) or email Lori at ldurbin@ymcafoothills.org

9/14/22

