

Verdugo Hills Family YMCA

Group Exercise Schedule - May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yin Yoga 9:00 am Jane G.		Low Impact/Land Arthritis 9:00 am Irina N.		
Zumba Gold 10:00 am Wendy R.	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.	
	Zumba Gold 4:15 pm Rosa T.	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.	

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

5/1/2024