

Verdugo Hills Family YMCA

Group Exercise Schedule - October 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Low Impact/Land Arthritis 9:00 am Irina N.		
	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.	
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.		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 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](https://ymcafoothills.org/schedules) or email Rosanne at rosanne@ymcafoothills.org

10/1/2024

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.
- 3) Keeping the doors closed will keep the air and music inside the studio, creating an enjoyable experience for all, both inside and outside.