

Crescenta Valley Family YMCA

Group Exercise Schedule - May 2024



Community in Action
YMCA OF THE FOOTHILLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SGT 8:30 am Ashley F.		*SGT 8:30 am Leila B.		*SGT 8:30 am Leila B.	*SGT 8:30 am Ashley/Paige
Cycle 8:30 am Rosanne M.		Cycle 8:30 am Ashley F.	Boot Camp 9:00 am Leila B.	Cycle 8:30 am Rosanne M.	
Body Conditioning 9:00 am Daniela L.	Body Conditioning 9:00 am Rosanne M.	Les Mills Core 9:45 am Ashley F.	Mat Pilates 9:00 Liza R.	Body Conditioning 10:00 am Rosanne M.	Yoga 9:00 am Kelly F.
Mat Pilates 10:15 am Tracey					
	Mat Pilates 10:15 am Lisa K.	Zumba 10:00 am Liza R.	Power Pilates 10:15 am Liza R.	Mat Pilates 10:00 - 11:15 am Lisa K.	Yoga 10:30 am Kelly F.
Yoga 10:00 am Emily K.			Gentle Yoga 10:30 am Kitty S.		
Cycle 5:30 pm Rosanne M.		Body Conditioning 5:30 pm Rosanne M.	Body Conditioning 5:30 pm Sarah U.		
Yoga 6:30 pm Clara B.	Zumba 6:30 pm Keimi J.		Zumba 6:30 pm Sarah U.		
			Yin Yoga 6:30 pm Jane G.		
Group Ex Studios	Yoga Studio	Cycle Studio	SGT Center		

New or class changes highlighted in blue.

***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 or email Rosanne at rosanne@ymcafoothills.org

5/1/2024