

Verdugo Hills Family YMCA

Group Exercise Schedule - September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba Gold 10:00 am Wendy R.	Aqua Fit 9:00 am Irina N.	Aqua Arthritis 10:00 am Irina N.	Aqua Fit 9:00 am Irina N.	Aqua Fit 9:00 am Irina N.	
Aqua Fit 10:00 am James S.	Yin Yoga 9:00 am Jane G.	Low Impact 11:30 am Irina N.	Balance Fit 10:30 am Irina N.	Balance Fit 10:30 am Irina N.	
Chair Yoga 11:15 am James S.	Balance Fit 10:30 am Irina N.	Sr. Strength & Cardio 1:00 pm Irina M.	Balance Fit 12:00 pm Irina N.	Balance Fit 12:00 pm Irina N.	
Aqua Fit 6:00 pm Wafa A.	Balance Fit 12:00 pm Irina N.	Zumba 5:30 pm Lisa K.		Zumba 6:00 pm Rosa T.	
Zumba 6:30 pm Wendy	Gentle Yoga 5:30 pm Rita M.	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

9/1/2023