

# Verdugo Hills Family YMCA

## Group Exercise Schedule - September 2024



| MONDAY                                      | TUESDAY                             | WEDNESDAY   | THURSDAY   | FRIDAY                                       | SATURDAY |
|---|-------------------------------------|---|--|--|----------|
|   |                                     |   | Low Impact/Land Arthritis<br>9:00 am<br>Irina N. |  |          |
|   | Balance Fit<br>10:30 am<br>Irina N. | Chair Yoga/Stretch<br>10:00<br>Daniel S.          | Balance Fit<br>10:30 am<br>Irina N.              | Balance Fit<br>10:30 am<br>Irina N.          |          |
| Chair Yoga/Stretch<br>11:30 am<br>Daniel S. | Balance Fit<br>12:00 pm<br>Irina N. | Low Impact/Land Arthritis<br>11:30 am<br>Irina N. | Balance Fit<br>12:00 pm<br>Irina N.              | Balance Fit<br>12:00 pm<br>Irina N.          |          |
|   | Zumba Gold<br>4:15 pm<br>Rosa T.    | Sr. Strength & Cardio<br>1:00 pm<br>Irina M.      |  | Sr. Strength & Cardio<br>1:30 pm<br>Irina M. |          |
| Zumba<br>6:00 pm<br>Karen A.                | Gentle Yoga<br>5:45 pm<br>Rita M.   | Zumba<br>5:30 pm<br>Lisa K.                       |  | Zumba<br>6:30 pm<br>Rosa T.                  |          |
|   |                                     |   |  |  |          |

Classes located in: **Community Room**

New or class changes highlighted in blue.

VHY is located at 6840 Foothill Blvd. Tujunga, CA 91042

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FOR MORE INFORMATION, go to [YMCAfoothills.org/schedules](https://ymcafoothills.org/schedules) or email Rosanne at [rosanne@ymcafoothills.org](mailto:rosanne@ymcafoothills.org)

9/1/2024

# 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.