

# Crescenta Valley Family YMCA

## Group Exercise Schedule - January 2026



| MONDAY                                     | TUESDAY                                    | WEDNESDAY                                     | THURSDAY                                 | FRIDAY                                      | SATURDAY                     |
|--|--|---|--|---|------------------------------|
| *SGT<br>8:30 am<br>Ashley F.               |  | *SGT<br>8:30 am<br>Leila B.                   | *SGT<br>8:30 am<br>Ashley F.             | *SGT<br>8:30 am<br>Nikki E.                 |                              |
| Cycle<br>8:30 am<br>Rosanne M.             | Yoga<br>9:00 am<br>Ro S.                   | Cycle<br>8:30 am<br>Elvia M.                  | Mat Pilates<br>9:00<br>Liza R.           | Cycle<br>8:30 am<br>Rosanne M.              | Yoga<br>9:00 am<br>Kelly F.  |
| Body Conditioning<br>9:00 am<br>Daniela L. | Body Conditioning<br>9:00 am<br>Rosanne M. | Body Conditioning<br>9:00 am<br>Lisa K.       | Body Conditioning<br>9:00 am<br>Ro S.    | Body Conditioning<br>10:00 am<br>Rosanne M. | Yoga<br>10:30 am<br>Kelly F. |
| Yoga<br>10:00 am<br>Emily K.               | Mat Pilates<br>10:15 am<br>Lisa K.         | Yoga<br>9:00 - 10:15 am<br>Suzanne G.         | Power Pilates<br>10:15 am<br>Liza R.     | Mat Pilates<br>10:00 - 11:15 am<br>Lisa K.  |                              |
| Mat Pilates<br>10:15 am<br>Tracey Y.       |  | Zumba<br>10:15 am<br>Liza R.                  | Gentle Yoga<br>10:30 am<br>Rita M.       |   |                              |
| Cycle<br>5:30 pm<br>Rosanne M.             | Mat Pilates<br>5:00 pm<br>Liza R.          | Gentle Yoga<br>10:30 - 11:45 am<br>Suzanne G. | Body Conditioning<br>5:30 pm<br>Sarah U. | Zumba<br>5:30 pm<br>Sarah U.                |                              |
|  | Zumba<br>6:30 pm<br>Keimi J.               | Mat Pilates<br>5:00 pm<br>Liza R.             | Zumba<br>6:30 pm<br>Sarah U.             |   |                              |
| Yoga<br>6:30 pm<br>Monica P.               |  | Body Conditioning<br>5:30 pm<br>Rosanne M.    | Yin Yoga<br>6:30 pm<br>Jane G.           |   |                              |
| Group Ex Studio                            | 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](https://ymcafoothills.org/schedules) or email Rosanne at [rosanne@ymcafoothills.org](mailto:rosanne@ymcafoothills.org)

1/1/2026

# 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.