

Crescenta Valley Family YMCA

Group Exercise Schedule - September 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SGT 8:30 am Ashley F.		*SGT 8:30 am Leila B.			*SGT 8:30 am Ashley/Paige
Cycle 8:30 am Rosanne M.	Yoga 8:30 am Courtney K.	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.		Mat Pilates 9:00 Liza R.	Body Conditioning 10:00 am Rosanne M.	Yoga 9:00 am Kelly F.
Yoga 10:00 am Emily K.	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.
Mat Pilates 10:15 am Tracey	Yoga 10:15 am Kelley F.		Gentle Yoga 10:30 am Rita M.		
Cycle 5:30 pm Rosanne M.	Mat Pilates 4:30 pm Liza R.	Body Conditioning 5:30 pm Rosanne M.			
Yoga 6:30 pm Clara B.	Zumba 6:30 pm Keimi J.				
			Yoga 6:30 pm MaLisa M.		
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](https://www.ymcafoothills.org/schedules) or email Rosanne at 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.