

# Crescenta Valley Family YMCA

## Group Exercise Schedule - January, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 8:30 am Rosanne M.	*SGT 8:30 am Leila B.	*SGT 8:30 am Leila B.	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.	Cycle 8:30 am Ashley F.	*Kinesis 9:30 am Kimmie W.	*SGT 8:30 am Leila B.	
*Kinesis 9:30 am Kimmie W.	Pilates 10:00 am Lisa K.	Body Conditioning 5:30 pm Rosanne M.	*Kinesis 10:00 am Kimmie W.	Body Conditioning 10:00 am Rosanne M.	
*Kinesis 10:00 am Kimmie W.	Zumba 6:30 pm Keimi J.		Pilates 10:00 am Liza R.	Pilates 10:00 am Lisa K.	
Yoga 10:00 am Emily K.			Gentle Yoga 10:30 am Rita M.	Yoga 11:15 am Suzanne G.	
Cycle 5:30 pm Rosanne M.			Body Conditioning 5:30 pm Sarah U.		
Power Yoga 6:30 pm Dylan Z.			Zumba 6:30 pm Sarah U.		

Group Ex Studios	Yoga Studio	Cycle Studio	SGT Center	Pool	Kinesis Studio
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Blue = new class

\*SGT and Kinesis are fee-based classes. Please note Kinesis classes are 30 minutes.

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 Lori at [ldurbin@ymcafoothills.org](mailto:ldurbin@ymcafoothills.org)

12/30/2022