

Verdugo Hills Family YMCA

Group Exercise Schedule - January, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact Land Arthritis 8:00 am Irina M.	Aqua Fit 9:00 am Irina N.	Sr. Strength & Cardio 1:00 pm Irina M.	Aqua Fit 9:00 am Irina N.	Low Impact Land Arthritis 9:00 am Irina M.	
Aqua Arthritis 9:00 am Irina N.	Yin Yoga 9:00 am Jane G.	Zumba 5:30 pm Lisa K.	Balance Fit - Level 2 10:30 am Irina N.	Aqua Arthritis 10:00 am Irina N.	
Aqua Fit 10:00 am Irina N.	Balance Fit - Level 2 10:30 am Irina N.		Balance Fit - Level 1 12:00 pm Irina N.	Aqua Fit 11:00 am Irina N.	
Aqua Fit 6:00 pm Wafa A.	Balance Fit - Level 1 12:00 pm Irina N.			Zumba Express 7:00 pm Rosa T.	
	Gentle Yoga 5:30 pm Rita M.				

Classes located in:

Community Room

Pool

Blue = new class or change

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

RESERVE YOUR SPOT on our app or scan the QR code to reserve online.

FOR MORE INFORMATION, go to YMCAFoothills.org/schedules or email Lori at ldurbin@ymcafoothills.org

12/29/2022