

Crescenta Valley Family YMCA

Group Exercise Schedule - January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SGT 8:30 am Ashley F.		*SGT 8:30 am Leila B.		*SGT 8:30 am Nikki E.	*SGT 8:30 am Paige P.
Cycle 8:30 am Rosanne M.	Yoga 8:30 am Courtney K.	Cycle 8:30 am Elvia M.	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.	Body Conditioning 9:00 am Lisa K.	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 10:15 am Liza R.	Power Pilates 10:15 am Liza R.	Mat Pilates 10:00 - 11:15 am Lisa K.	
Mat Pilates 10:15 am Tracey			Gentle Yoga 10:30 am Rita M.		Yoga 10:30 am Kelly F.
Cycle 5:30 pm Rosanne M.	Mat Pilates 4:30 pm Liza R.	Mat Pilates 5:00 pm Liza R.	Body Conditioning 5:30 pm Sarah U.		
	Zumba 6:30 pm Keimi J.	Body Conditioning 5:30 pm Rosanne M.	Zumba 6:30 pm Sarah U.		
Yoga 6:30 pm Clara B.			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

1/1/2025

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.