

# Crescenta Valley Family YMCA

## Group Exercise Schedule - December 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 8:30 am Rosanne M.	Cycle 6:30 am <i>Alex L. *stream &amp; at CCY</i>	HITT 9:00 am Ashley F.	Cycle 6:30 am Rosanne M.	Cycle 8:30 am Rosanne M.	Cycle 8:00 am Rosanne M.
Body Combat/Les Mills 9:00 am James K.	Body Works 9:00 am Rosanne M.	Aqua Fit 10:00 am Claudia M.	SGT 9:30 am Leila B.	Aqua Fit 10:00 am Claudia M.	
Aqua Fit 10:00 am Claudia M.	SGT 9:30 am Leila B.	Aqua Fit 11:00 am Claudia M.	Gentle Yoga 10:30 am Rita M.	Body Conditioning 10:00 am Rosanne M.	
Balance Fit 11:00 am Bobbi K.	Pilates 10:00 am Lisa K.	Balance Fit 2:00 pm Bobbi K.	SGT 6:30 pm Claudia M.	Yoga 10:30 am Suzanne G.	
Zumba 11:00 am Mara		Body Conditioning 5:30 pm Rosanne M.			
Cycle 5:30 pm Rosanne M.		Zumba 6:30 pm Cecilia R.			

Group Ex Studios	Yoga Studio	Cycle Studio	SGT Center	Streaming Only	Pool
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CVY is located at 3931 Lowell Ave. La Crescenta, CA 91214

*\*blue\** = new class

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

12/1/2021

FOR MORE INFORMATION, go to [YMCAfoothills.org/schedules](https://YMCAfoothills.org/schedules) or email Lori at [ldurbin@ymcafoothills.org](mailto:ldurbin@ymcafoothills.org)

