

Crescenta Valley Family YMCA

Group Exercise Schedule - November 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 8:30 am Rosanne M.	Cycle 6:30 am Rosanne M.	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 Lella B.	Aqua Fit 10:00 am Claudia M.	
Aqua Fit 10:00 am Claudia M.	SGT 9:30 am Lella B.	Aqua Fit 11:00 am TBD	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

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

