

Verdugo Hills Family YMCA

Group Exercise Schedule - December 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact 8:00 am Irina M.	Cycle 6:30 am Alex L. *stream & at CCY	Zumba 9:30 am Julio O.	Cycle 6:30 am Rosanne M.	Low Impact 9:00 am Irina M.	Cycle 8:00 am Rosanne M.
Cycle 8:30 am Rosanne M.	Aqua Fit 9:00 am Irina M.	Balance Fit 2:00 pm Bobbi K.	Aqua Fit 9:00 am Irina M.	Aqua Arthritis 10:00 am Irina M.	
Aqua Arthritis 9:00 am Irina M.	Balance Fit 11:30 am Bobbi K.	Zumba 5:30 pm Lisa K.	Tai-Chi 9:15 am Bobbi K.		
Tai-Chi 9:15 am Bobbi K.	Gentle Yoga 5:30 pm Rita M.		Balance Fit 10:30 am Bobbi K.		
Balance Fit 11:00 am Bobbi K.			Zumba 5:30 pm Liza R.		
Aqua Fit 6:00 pm Wafa A.					

Classes located in: Community Room Streaming Only Pool

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

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 or email Lori at ldurbin@ymcafoothills.org

