

Verdugo Hills Family YMCA

Group Exercise Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact 8:00 am Irina M.	Cycle 6:30 am Rosanne M.	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

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

