

Legend

B = includes balance exercises

E = suitable for entry level

SGT = Small Group Training. Space is limited. Pre-registration on Mind Body is recommended: www.ymcafoothills.org/small-group-training

Classics Silver S = Silver Sneakers

For your safety and the consideration of others, please note:

- Classes subject to change without notice
- Classes end approximately 5 minutes before posted time
- For up-to-date information, please view our live schedule at www.ymcafoothills.org
- Please arrive on time for class, class will be closed if full
- Please wear appropriate footwear and exercise attire
- Bring only closed, unbreakable water bottles
- No food or gum permitted in studios
- Turn off cell phones during class
- Please notify your instructor if you need to modify the workout, always workout at your own level



HEALTHIER TOGETHER

Group Exercise, SGT and Water Fitness Classes

August 1, 2019

Verdugo Hills Family YMCA

6840 Foothill Blvd.

Tujunga, CA 91042

(818) 790-0123

www.ymcafoothills.org

Contact: Rosanne@ymcafoothills.org

All classes and instructors are subject to change/ cancellation. Please view the live schedule at www.ymcafoothills.org for changes.

MONDAY

Group Exercise			
Time	Class	Room	Instructor
6:00-7:00am	Body Works	CR	Jack
8:30-9:30am	Body Blast	Outdoor	Claudia
9:15-10:15am	Tai Chi B	CR	Bobbi
10:30-11:30am	Low Impact B	CR	Pam
11:30-12:30pm	Chair Yoga E	CR	Pam
5:30-6:00pm	All Abs	CR	Liz
6:00-7:00pm	Body Works	CR	Liz
7:00-8:00pm	Zumba	CR	Alesha

TUESDAY

Group Exercise			
Time	Class	Room	Instructor
9:00-10:15am	Yoga	Keck	Eden
9:00 - 10:00am	Pilates	CR	Mona
10:15-11:15am	SilverSneakersClassic	CR	Mary Ann
11:30-12:30pm	SilverSneakersClassic	CR	Mary Ann
12:30-1:30pm	Balance Fit B	CR	Bobbi
5:00-6:00pm	Zumba	CR	Mandy
6:00-7:00pm	Zumba	CR	Anette
7:00-8:00pm	Body Works	CR	Denise

Water Fitness			
Time	Class	Pool	Instructor
9:00-10:00am	Adv. Aqua Fit	Indoor	Mary Ann
10:30-11:30am	Aqua Pilates	Indoor	Mona
1:00-2:00pm	Water Fitness 2.0	Indoor	Joyce

Water Fitness			
Time	Class	Pool	Instructor
9:00-10:00am	Adv. Aqua Fit	Indoor	Mary Ann
10:00-11:00am	Aqua Fit	Indoor	Mona
11:00-12:00pm	Aqua Fit	Indoor	Sue
12:00-1:00pm	AquaKickboxing	Indoor	Mona

At the Y we believe everyone should have the opportunity to experience a healthy life, regardless of age, income, or physical ability

WEDNESDAY

Group Exercise			
Time	Class	Room	Instructor
6:00-7:00am	Body Works	CR	Jack
8:00-9:00am	Body Works	CR	Liz
9:10-10:10am	Tai Chi E B	CR	Bobbi
10:30-11:30am	Zumba Gold	CR	Rosa
12:00-1:00pm	Zumba	CR	Mandy
6:30-7:30pm	Zumba	CR	Sonia

THURSDAY

Group Exercise			
Time	Class	Room	Instructor
9:15-10:15am	Zumba	CR	Liza
10:30-11:30am	Low Impact	CR	Mary Ann
11:30-12:30pm	Tap for All	CR	Pam K
12:30-1:30pm	Balance Fit B	CR	Bobbi
5:30-6:30pm	Yoga Stretch	Keck	Rita M
5:30-6:30pm	All Abs	CR	Carmen Mc
6:00-7:00pm	Body Works/SGT	CR	Carmen Mc
7:00-8:00pm	Zumba	CR	Lucy

Small Group Training			
Time	Class	Room	Instructor
8:15-9:15am	SGT	Community	Alarie

FRIDAY

Group Exercise			
Time	Class	Room	Instructor
6:00-7:00am	Body Works	CR	Jack
8:15-9:15am	Cardio Barre	CR	Liza
9:15-10:15am	Chair Yoga	Keck	Barbara
9:15- 10:15 am	SilverSneakersClassic	CR	Pam
10:30-11:30am	SilverSneakersClassic	CR	Mary Ann
5:30-6:30pm	Bollywood	CR	Mandy
6:30-7:30pm	Zumba	CR	Cecilia

SATURDAY

Group Exercise			
Time	Class	Room	Instructor
8:00-9:15am	Gentle Yoga	Keck	Lynda
9:00-10:15am	Body Works	CR	Liz
10:30-11:30am	Zumba	CR	Rosa

Time	Class	Pool	Instructor
8:00-9:00am	Adv. Aqua Fitt	Indoor	Claudia

SUNDAY

Water Fitness			
Time	Class	Pool	Instructor
9:00-10:00am	Water Fitness	Indoor	Kerri
11:00-12:00pm	Water Fitness 2.0	Indoor	Sue
1:00-2:00pm	Water Fitness 2.0	Indoor	Joyce

Water Fitness			
Time	Class	Pool	Instructor
9:00-10:00am	Water Fitness 2.0	Indoor	Mary Ann
11:00-12:00pm	Aqua Fit	Indoor	Sue
12:00-1:00pm	Aqua Kickboxing	Indoor	Mona

Water Fitness			
Time	Class	Pool	Instructor
9:30-10:30am	Aqua Fit 2.0	Indoor	Cheryl
10:30-11:30am	Aquat Fit 2.0	Indoor	Mona
1:00-2:00pm	Water Fitness 2.0	Indoor	Joyce

Group Exercise			
Time	Class	Room	Instructor
11:00-12:30pm	Yoga	Keck	Shau-mey
11:15-12:15pm	Zumba	CR	Annette
3:45- 4:45pm	Chair Yoga	CR	Frances

Water Fitness			
Time	Class	Pool	Instructor
11:00am-12:00pm	Adv. Aqua Fit	Indoor	Sue
12:00-12:30pm	Water Yoga	Indoor	Sue