

## 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](http://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](http://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

**January 1, 2019**

**Verdugo Hills Family YMCA**  
6840 Foothill Blvd.  
Tujunga, CA 91042  
(818) 790-0123

All classes and instructors are subject to change/ cancellation. Please view the live schedule at [www.ymcafoothills.org](http://www.ymcafoothills.org) for changes.

### MONDAY

Group Exercise			
Time	Class	Room	Instructor
6:00-7:00am	Body Works	CR	Jack
9:15-10:15am	Tai Chi <b>B</b>	CR	Bobbi
10:30-11:30am	Low Impact <b>B</b>	CR	Pam
11:30-12:30pm	Chair Yoga <b>E</b>	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
10:30-11:30am	SilverSneakersClassic	CR	Mary Ann
11:30-12:30pm	SilverSneakersClassic	CR	Mary Ann
12:30-1:30pm	Balance Fit <b>B</b>	CR	Bobbi
5:00-6:00pm	Zumba	CR	Mandy
6:00-7:00pm	Zumba	CR	Julio
7:00-8:00pm	Body Works	CR	Denise

### Small Group Training

Time	Class	Room	Instructor
5:30-6:15pm	Teen SGT	Keck	Ethan

### 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
8:30-9:00am	Water Stretch	Indoor	Janet
9:00-10:00am	Adv. Aqua Fit	Indoor	Mary Ann
11:00-12:00pm	Aqua Fit	Indoor	Sue
12:00-1:00pm	AquaKickboxing	Indoor	Kristina

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
5:30-6:30pm	Body Works/SGT	CR	Brady
6:30-7:30pm	Zumba	CR	MaLisa

**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
6:00-7:00pm	Body Works/SGT	CR	Carmen Mc
7:00-8:00pm	Zumba	CR	Julio

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

**FRIDAY**

Group Exercise			
Time	Class	Room	Instructor
6:00-7:00am	Body Works	CR	Jack
9:15-10:15am	Chair Yoga	Keck	Barbara
9:15- 10:15 am	SilverSneakersClassic	CR	Pam
10:30-11:30am	SilverSneakersClassic	CR	Mary Ann
11:45-12:45pm	Zumba Gold	CR	Liza
6:30-7:30pm	Zumba	CR	Cecilia

Group Exercise			
Time	Class	Room	Instructor
8:00-9:15am	Gentle Yoga	Keck	Lynda
9:00-10:15am	Body Works	CR	Liz
11:00-12:00pm	Zumba	CR	Mara

**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
8:30-9:00am	Water Stretch	Indoor	Janet
9:00-10:00am	Water Fitness 2.0	Indoor	Mary Ann
11:00-12:00pm	Aqua Fit	Indoor	Sue
12:00-1:00om	Aqua Kickboxing	Indoor	Kristina

Water Fitness			
Time	Class	Pool	Instructor
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
11:00-12:15am	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