

# Crescenta Valley Family YMCA

## Group Exercise Schedule - November 2024



Community in Action  
YMCA OF THE FOOTHILLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SGT 8:30 am Ashley F.		*SGT 8:30 am Leila B.			*SGT 8:30 am Ashley/Paige
Cycle 8:30 am Rosanne M.	Yoga 8:30 am Courtney K.	Cycle 8:30 am Ashley F.	Boot Camp 9:00 am Leila B.	Cycle 8:30 am Rosanne M.	
Body Conditioning 9:00 am Daniela L.	Body Conditioning 9:00 am Rosanne M.		Mat Pilates 9:00 Liza R.	Body Conditioning 10:00 am Rosanne M.	Yoga 9:00 am Kelly F.
Yoga 10:00 am Emily K.	Mat Pilates 10:15 am Lisa K.	Zumba 10:00 am Liza R.	Power Pilates 10:15 am Liza R.	Mat Pilates 10:00 - 11:15 am Lisa K.	Yoga 10:30 am Kelly F.
Mat Pilates 10:15 am Tracey			Gentle Yoga 10:30 am Rita M.		
Cycle 5:30 pm Rosanne M.	Mat Pilates 4:30 pm Liza R.	Mat Pilates (11/13) 5:00 pm Liza R.	Body Conditioning 5:30 pm Sarah U.		
	Zumba 6:30 pm Keimi J.	Body Conditioning 5:30 pm Rosanne M.	Zumba 6:30 pm Sarah U.		
Yoga 6:30 pm Clara B.			Yoga 6:30 pm MaLisa M.		
Group Ex Studios	Yoga Studio	Cycle Studio	SGT Center		

New or class changes highlighted in blue.

\*SGT is a fee-based class.

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](https://ymcafoothills.org/schedules) or email Rosanne at [rosanne@ymcafoothills.org](mailto:rosanne@ymcafoothills.org)

11/1/2024