



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | APRIL 2018

MORNING

MONDAY

STRENGTH
7:00 - 7:50
Christy/Kathy (S1)

HI/LO CARDIO
8:00 - 8:50
Lenska (S2) ★

HIIT
8:00 - 8:50
Chase (S1) I/A

STEP
9:00 - 10:20
Lynn K. (S2) I/A

STRENGTH
9:00 - 9:50
Dinah (MS) ★

ZUMBA®
10:00 - 10:50
Meg (MS) ★

CARDIO BLAST
11:00 - 12:00
Maggie (MS)

**DANCE!
EXERCISE LITE**
11:30 - 12:20
Cheri (S1) ★ ♥

TUESDAY

SANDBELL®
5:30 - 6:20
Tracey (S2) I/A

BARRE
8:00 - 8:50
Ginger (S3)

WALKING CLUB
8:00 - 9:00
Staff (ML) ★ ♥

**WALKING CLUB/
EXTENDED**
8:00 - 9:15
Staff (ML) I/A

CXWORX™
8:10 - 8:50
Matt (S2)

BOSU®
8:15 - 9:05
Chase (S1) I/A

**DANCE!
CARDIO MIX**
9:00 - 9:50
Ginger (S3) I/A

FOREVER FIT
9:00 - 9:50
Linda (S2) ★ ♥

**EXTREME FIT/
OUTDOORS**
9:00 - 9:50
Mandie (YA) I/A

STRENGTH
9:15 - 10:05
Lenska (S1)

**DANCE!
BODY RHYTHMS**
10:00 - 10:50
Adrienne (S2) ♥

BODYPUMP™
10:15 - 11:15
Kristin (MS)

**DANCE!
SPIRIT GROOVE**
11:15 - 12:05
TC (S1) ★ ♥

WEDNESDAY

FOREVER FIT
8:00 - 8:50
Teresa (S3) ★ ♥

ZUMBA® GOLD
8:00 - 8:50
Cheri (S1) ★ ♥

BARRE
8:00 - 8:50
Mandie (S2) I/A

BODYPUMP™
8:00 - 9:00
Jennifer B. (MS)

CARDIO BLAST
9:15 - 10:05
Karen (MS) I/A ◆

STROLLER JAM
9:30 - 10:30
Sue F. (MB) ☺ ★

COREFIT
9:00 - 9:50
Leigh (S1) I/A

DANCE! LINE DANCE
10:30 - 11:20
Kathy L. (S2) ★ ♥

STRENGTH
11:30 - 12:20
Kathy L. (S2) ★ ♥

EXERCISE LITE
11:30 - 12:20
Angela (S1) ★ ♥

THURSDAY

BODYPUMP™
5:30 - 6:30
Kristin (MS) I/A

BARRE
8:00 - 8:50
Cheri (S2) ★

WALKING CLUB
8:00 - 9:00
Staff (ML) ★ ♥

**WALKING CLUB/
EXTENDED**
8:00 - 9:15
Staff (ML) I/A

BODYPUMP™
8:00 - 9:00
Jeanne (MS)

STEP
9:05 - 10:05
Rebecca (S2) I/A

ZUMBA®
9:15 - 10:05
Jeanne (MS) ★

**CHAIR YOGA/
STRENGTH**
10:15 - 11:05
Zy (S1) ★ ♥

BARRE
10:15 - 11:05
Holly (S2)

**DANCE!
SPIRIT GROOVE**
11:15 - 12:05
Adrienne/
Yvonne (S1) ★ ♥

FRIDAY

HIIT
6:45 - 7:35
Mandie (S1) I/A

HI/LO CARDIO
8:00 - 8:50
Staff (S1) ★

DANCE! BALLET FIT
8:00 - 8:50
Jina (S3)

BODYPUMP™
8:00 - 9:00
Matt (MS)

CXWORX™
8:10 - 8:50
Mariah (S2)

RUNNING CLUB
8:30 - 9:20
Maria (ML)

STEP
9:05 - 10:25
Holly R. (S1)

FOREVER FIT
9:00 - 9:50
Teresa (S1) ★ ♥

BARRE
9:00 - 9:50
Jina (S3)

CARDIO BLAST
9:15 - 10:05
Karen (MS) I/A

**DANCE!
BODY RHYTHMS**
10:00 - 10:50
Adrienne (S2) ♥

ZUMBA®
10:30 - 11:20
Kristyn (MS) ★

EXERCISE LITE
11:30 - 12:20
Mary Jo (S2) ★ ♥

SATURDAY

**EXTREME FIT/
OUTDOORS**
7:00 - 7:50
Mandie/
Karen (YA) I/A

HI/LO CARDIO
8:00 - 8:50
Risa (S1) ♥

BARRE
8:00 - 8:50
Ginger (S3)

WALKING CLUB
8:00 - 9:30
Staff (ML) ★ ♥

BODYPUMP™
8:00 - 9:00
Julie (MS)

CXWORX™
9:10 - 9:50
Risa (MS)

STEP
10:00 - 10:50
Risa (S2)

ZUMBA® FAMILY
10:00 - 10:50
Tabatha (MS) ★ 5+

HIIT
10:30 - 11:20
Denise R. (S1) I/A

BODYPUMP™
11:00 - 12:00
Staff (MS)

SUNDAY

BODYPUMP™
8:00 - 9:00
Halle (MS)

ZUMBA®
9:05 - 9:55
Kristin K. (MS)

STEP
10:00 - 11:20
Penny (S2)

LOCATIONS:

- (S1) Studio 1
- (S2) Studio 2
- (S3) Studio 3
- (MS) Mega Studio
- (CL) Cycling Loft
- (CP) Competition Pool
- (IP) Instructional Pool
- (ML) Main Lobby
- (MU) Multi Use
- (YA) YMCA Arena
- (CC) Camp Corral
- (MB) Moonlight Beach

Please see reverse for key to class descriptor symbols.

MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | APRIL 2018

MONDAY
BODYPUMP™
 4:25 - 5:20
 Mariah (MS)

ZUMBA®
 5:30 - 6:20
 Meg A. (MS) ★ 7+

HIIT
 5:15 - 6:05
 Allison (S2) I/A 7+

BODYPUMP™
 6:30 - 7:30
 Matt (MS)

TUESDAY
KID FRIENDLY FIT
 3:30 - 4:20 PM
 Vanessa (MS) 5+

ZUMBA®
 4:30 - 5:20
 Vanessa (S2) I/A

STEP
 5:30 - 6:20
 Al (S2) ★ 65 10+

ZUMBA® FAMILY
 7:00 - 7:50
 Tracy (MS) ★ 65 7+

WEDNESDAY
BODYPUMP™
 4:15 - 5:15
 Halle (MS)

COREFIT
 5:30 - 6:20
 Mindy (MS)

THURSDAY
KID FRIENDLY FIT
 3:30 - 4:20
 Staff (MS) 5+

ZUMBA®
 5:30 - 6:20
 Penny (MS) ★ 65 7+

STRENGTH
 5:30 - 6:20
 Leslie (S2) ★ 65 7+

BODYPUMP™
 6:30 - 7:30
 Suzanne (MS)

FRIDAY
ZUMBA®
 5:30 - 6:20
 Tabatha (S2) ★ 65 7+

SATURDAY
DANCE! FAMILY (7-12)
 11:15 - 12:00
 Vanessa (S2)

ZUMBA®
 12:05 - 1:20
 Vanessa A. (MS) ★ 65

SUNDAY

AFTERNOON

LOCATIONS:

- (S1) Studio 1
- (S2) Studio 2
- (S3) Studio 3
- (MS) Mega Studio
- (CL) Cycling Loft
- (CP) Competition Pool
- (IP) Instructional Pool
- (ML) Main Lobby
- (MU) Multi Use
- (YA) YMCA Arena
- (CC) Camp Corral
- (MB) Moonlight Beach

KEY

- ★ **GETTING STARTED**
 A great place to begin or restart your exercise program.
- I/A **INTERMEDIATE/ADVANCED**
 Higher intensity and advanced instruction provided.
- 😊 **BABY FRIENDLY**
 Babies in stroller or carrier are allowed. No toddlers, please.
- ♥ **Y ACTIVE ADULTS**
 Activities designed for older adults.
- ◆ **PASS REQUIRED**
 Pass Required. Space is limited. Pick up pass at Courtesy Counter.
- 5+ Children ages 5-12 and parent/guardian must actively participate together.
- 7+ Children ages 7-12 and parent/guardian must actively participate together.
- 10+ Children ages 10-12 and parent/guardian must actively participate together.

MONTHLY UPDATES:

- Member guests are welcome. Please get a guest pass from the Welcome Center. Exclusions apply.

REMINDERS:

- **Schedule subject to change without prior notice**
- **Please check (website) for most up-to-date information and subs**