



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

MORNING

MONDAY

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

HI/LO CARDIO
8:00 - 8:50
Lenska (S2) ★⁶⁵

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) ★⁶⁵

ZUMBA®
10:00 - 10:50
Meg (MS) ★⁶⁵

**DANCE!
EXERCISE LITE**
11:30 - 12:20
Cheri (S1) ★⁶⁵ ♥

TUESDAY

HIIT
5:30 - 6:20
Tracey (MS) I/A

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

WALKING CLUB
8:00 - 9:00
Staff (ML) ★⁶⁵ ♥

**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

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

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

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

BODYPUMP™
10:15 - 11:15
Julie (MS)

**DANCE!
SPIRIT GROOVE**
11:15 - 12:05
TC (S1) ★⁶⁵ ♥

WEDNESDAY

FOREVER FIT
8:00 - 8:50
Teresa (S3) ★⁶⁵ ♥

ZUMBA® GOLD
8:00 - 8:50
Cheri (S1) ★⁶⁵ ♥

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 ♦

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

DANCE! LINE DANCE
10:30 - 11:20
Kathy L. (S2) ★⁶⁵ ♥

STRENGTH
11:30 - 12:20
Kathy L. (S2) ★⁶⁵ ♥

EXERCISE LITE
11:30 - 12:20
Angela (S1) ★⁶⁵ ♥

THURSDAY

HIIT
5:30 - 6:20
East (MS) NEW

WALKING CLUB
8:00 - 9:00
Staff (ML) ★⁶⁵ ♥

**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) ★⁶⁵

**CHAIR YOGA/
STRENGTH**
10:15 - 11:05
Zy (S1) ★⁶⁵ ♥

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

**DANCE!
SPIRIT GROOVE**
11:15 - 12:05
Adrienne/
Yvonne (S1) ★⁶⁵ ♥

FRIDAY

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

HI/LO CARDIO
8:00 - 8:50
Staff (S2) ★⁶⁵

BODYPUMP™
8:00 - 9:00
Matt (MS)

CXWORX™
8:10 - 8:50
Mariah (S1)

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

STEP
9:00 - 10:20
Holly R. (S1)

FOREVER FIT
9:00 - 9:50
Teresa (S2) ★⁶⁵ ♥

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) ★⁶⁵

EXERCISE LITE
11:30 - 12:20
Mary Jo (S2) ★⁶⁵ ♥

SATURDAY

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

HI/LO CARDIO
8:00 - 8:50
Risa (S1) ♥

**WALKING CLUB/
EXTENDED**
8:00 - 9:30
Staff (ML) ★⁶⁵ ♥

BODYPUMP™
8:00 - 9:00
Julie (MS)

**STRENGTH/
CXWORX™**
9:05 - 9:55
Risa (MS)

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

ZUMBA® FAMILY
10:00 - 10:50
Tabatha (MS) ★⁶⁵ 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
Kristyn (MS)

STEP
10:00 - 11:20
Liz (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.



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AFTERNOON

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

ZUMBA®
4:30 - 5:20
Vanessa (S2) I/A

STEP
5:30 - 6:20
Al (S2) ★ 10+

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

WEDNESDAY

BODYPUMP™
4:15 - 5:15
Halle (MS)

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

THURSDAY

ZUMBA®
5:30 - 6:20
Penny (MS) ★ 7+

STRENGTH
5:30 - 6:20
Leslie (S2) ★ 7+

BODYPUMP™
6:30 - 7:30
Suzanne (MS)

FRIDAY

ZUMBA®
5:30 - 6:20
Tabatha (S2) ★ 7+

SATURDAY

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

ZUMBA®
12:05 - 12:55
Vanessa A. (MS) ★

SUNDAY

KEY

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



GETTING STARTED

A great place to begin or restart your exercise program.



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.



Children ages 5-12 and parent/guardian must actively participate together.



Children ages 7-12 and parent/guardian must actively participate together.



Children ages 10-12 and parent/guardian must actively participate together.

REMINDERS:

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

FOR MORE INFORMATION ON GROUP FITNESS:

Cheri Pogeler • (760) 942-9622 x12584 • cpogeler@ymca.org