



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



JOIN US

INDEPENDENCE DAY WORKOUT SCHEDULE MAGDALENA ECKE FAMILY YMCA

Open & **FREE** to all in the San Diego community (Childcare Available).

Wednesday, July 4 | Facility Hours: 7:00 AM – 2:00 PM

SPECIAL GROUP CLASS SCHEDULE – Regular schedule resumes on Thursday

STUDIO 1	STUDIO 2	STUDIO 3	MEGA STUDIO	LOFT	POOL
HATHA YOGA 8:00–8:50 Hilary	PILATES 8:00–8:50 Risa	BARRE 8:00–8:50 Ginger	BODYPUMP 8:00–9:00 Suzanne	CYCLING 8:00–8:50 Patty M.	MASTERS SWIM (CP) 8:00–10:00
COREFIT 9:00–9:50 Mariah	STRENGTH 9:00–9:50 Leslie	CARDIO DANCE 9:00–9:50 Ginger	FAMILY ZUMBA 9:05–9:55 Tabatha	CYCLING 9:00–10:30 Laura	AQUA FIT (IP) 9:00–10:00 Zy
STEP 10:00–10:50 Rebecca	ALL AMERICAN DANCE PARTY 10:00–11:00 Lenska		HIIT 10:00–10:55 Chase		

OUR MISSION:

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

Questions? Please contact Cheri Pogeler at cpogeler@ymca.org or 760.942.9622 x 12584