



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA CYCLING SCHEDULE | APRIL 2019

MONDAY
CYCLING
5:15 - 6:45 AM
Susanne (CL) **I/A**

CYCLING
7:00 - 7:45 AM
Karen (CL) **GS** ★

CYCLING
8:00 - 8:45 AM
Julie P. (CL) **GS** ★

CYCLING
9:00 - 9:55 AM
Robin (CL)

CYCLING
5:15 - 6:10 PM
Carolyn (CL) **7+** **A**

TUESDAY
CYCLING
5:15 - 6:10 AM
Patty K. (CL)

CYCLING
7:00 - 7:45 AM
Patty (CL) **GS** ★

CYCLING
8:00 - 8:45 AM
Mandie (CL) **GS** ★

CYCLING
9:00 - 9:55 AM
Laura (CL)

CYCLING
5:30 - 6:25 PM
Steve (CL) **7+** **A**

WEDNESDAY
CYCLING
5:15 - 6:10 AM
Kyra (CL)

CYCLING
7:00 - 7:45 AM
Alicia (CL) **GS** ★

CYCLING
8:00 - 8:45 AM
Zephyr (CL) **GS** ★

CYCLING
9:00 - 9:55 AM
Patti M. (CL)

CYCLING
5:15 - 6:10 PM
Carolyn (CL) **7+** **A**

THURSDAY
CYCLING
5:15 - 6:10 AM
Kyra (CL)

CYCLING
7:00 - 7:45 AM
Mariah (CL) **GS** ★

CYCLING
8:00 - 8:45 AM
Matt (CL) **GS** ★

CYCLING
9:00 - 9:55 AM
Robin (CL)

CYCLING
11:30 AM- 12:15 PM
Allison (CL) **GS** ★

CYCLING
5:30 - 6:25 PM
Nancy (CL) **7+** **A**

FRIDAY
CYCLING
5:15 - 6:10 AM
Laura/Suzanne (CL) **I/A**

CYCLING
7:00 - 7:45 AM
Steve (CL) **GS** ★

CYCLING
8:00 - 8:45 AM
Karen (CL) **GS** ★

CYCLING
9:00 - 9:55 AM
Mariah (CL)

CYCLING
5:15 - 6:10 PM
Steve (CL) **7+** **A**

SATURDAY
CYCLING
7:05 - 8:00 AM
Carolyn (CL)

CYCLING
8:10 - 9:05 AM
Karen/Mandie (CL) **I/A**

CYCLING FAMILY
9:20 - 10:15 AM
Elizabeth (CL) **GS** ★ **10+**

SUNDAY
CYCLING
8:00 - 8:45 AM
Kristie (CL) **GS** ★

CYCLING
9:00 - 9:55 AM
Rebecca/Kristie (CL)

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

REMINDERS:

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

KEY

- GS** ★ **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.
- A** **ACCUROFIT**
Uses state-of-the-art heart rate monitoring technology.
- 5+** **5+**
Children ages 5-12 and parent/guardian must actively participate together.
- 7+** **7+**
Children ages 7-12 and parent/guardian must actively participate together.
- 10+** **10+**
Children ages 10-12 and parent/guardian must actively participate together.