



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA CYCLING SCHEDULE | NOVEMBER 2018

**MONDAY**

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

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**CYCLING**  
7:00 - 7:45 AM  
Karen (CL) **65+** ★

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**CYCLING**  
8:00 - 8:45 AM  
Julie P. (CL) **65+** ★

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

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

**TUESDAY**

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

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**CYCLING**  
7:00 - 7:45 AM  
Patty (CL) **65+** ★

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**CYCLING**  
8:00 - 8:45 AM  
Mandie (CL) **65+** ★

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

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

**WEDNESDAY**

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

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**CYCLING**  
7:00 - 7:45 AM  
Naney (CL) **65+** ★

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**CYCLING**  
8:00 - 8:45 AM  
Zephyr (CL) **65+** ★

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

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

**THURSDAY**

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

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**CYCLING**  
7:00 - 7:45 AM  
Mariah (CL) **65+** ★

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**CYCLING**  
8:00 - 8:45 AM  
Matt (CL) **65+** ★

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

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**CYCLING**  
11:30 AM- 12:15 PM  
Allison (CL) **65+** ★

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

**FRIDAY**

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

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**CYCLING**  
7:00 - 7:45 AM  
Steve (CL) **65+** ★

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**CYCLING**  
8:00 - 8:45 AM  
Karen (CL) **65+** ★

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

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

**SATURDAY**

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

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

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**CYCLING FAMILY**  
9:20 - 10:15 AM  
Elizabeth (CL) **65+** ★ **10+** Ⓢ

**SUNDAY**

**CYCLING**  
8:00 - 8:45 AM  
Kristie (CL) **65+** ★

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**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

- 65+** **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.
- 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.