



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA FAMILY FITNESS SCHEDULE | DECEMBER 2018

MONDAY

LIL' BOUNCIN' BUDDIES (18MO-4)
10:30 - 11:20 AM
Carrie (S2)

TAI CHI
12:30 - 1:20 PM
Walter (S2) ♥ 7+

CYCLING
5:15 - 6:10 PM
Carolyn M. (CL) ★ 6S 7+

ZUMBA®
5:30 - 6:20 PM
Meg A. (MS) ★ 6S 7+

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

GENTLE YOGA
6:15 - 7:35 PM
Andrew J. (MU) ★ 6S ♥ 7+

VINYASA YOGA
6:30 - 7:50 PM
Denise (S2) 7+

TUESDAY

STEP
5:30 - 6:20 PM
Al (S2) 6S

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

PILATES
6:00 - 6:50 PM
Andrew J. (MS) ★ 6S ♥ 7+

TAI CHI
6:30 - 7:20 PM
Tom S. (S2) ♥ 7+

ZUMBA®
7:00 - 7:50 PM
Tracy (MS) ★ 6S 7+

HATHA YOGA
7:00 - 7:50 PM
Andrew J. (S1) ★ 6S ♥ 7+

AQUA FIT
6:30 - 7:20 PM
Helen (IP) ★ 6S 7+

WEDNESDAY

CYCLING
5:15 - 6:10 PM
Carolyn M. (CL) ★ 6S 7+

PILATES
6:00 - 6:50 PM
Andrew J. (S2) I/A 7+

CYCLING
6:30 - 7:25 PM
Suzanne (CL) ★ 6S 7+

VINYASA YOGA
6:35 - 7:55 PM
Teresa (MS) I/A 7+

POWER YOGA
7:00 - 8:20 PM
Sandrine (S2) I/A 7+

THURSDAY

TAI CHI
11:15 AM - 12:05 PM
Walter (S2) ♥ 7+

ADAPTIVE YOGA
12:15 - 1:20 PM
Carolyn M. (S2) ☺ ★ 6S

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

CYCLE
5:30 - 6:25 PM
Nancy (CL) 7+

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

TAI CHI
6:30 - 7:20 PM
Tom S. (S2) ★ 6S 7+

HATHA YOGA
7:00 - 7:50 PM
Andrew J. (S1) ★ 6S 7+

AQUA FIT
6:30 - 7:20 PM
Stacey (IP) ★ 6S 7+

FRIDAY

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

ZUMBA® FAMILY
5:30 - 6:20 PM
Tabatha (S2) ★ 6S 7+

VINYASA YOGA
6:00 - 7:20 PM
Denise (S1) I/A 7+

SATURDAY

KID FRIENDLY YOGA (5-12)
9:00 - 9:50 AM
Staff (S2)

CYCLE FAMILY
9:20 - 10:15 AM
Elizabeth (CL) ★ 6S 7+

ZUMBA®
10:00 - 10:50 AM
Tabatha (MS) ★ 6S 5+

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

GENTLE YOGA
5:00 - 5:50 PM
Jennifer (S1) ★ 6S ♥ 7+

SUNDAY

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.
- 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.

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:
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