



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA FAMILY FITNESS SCHEDULE | NOVEMBER 2018

**MONDAY**

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

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

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

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

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

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

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

**TUESDAY**

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

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

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

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

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

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

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

**WEDNESDAY**

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

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

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

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

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

**THURSDAY**

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

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

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

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

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

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

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

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

**FRIDAY**

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

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

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**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)

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

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

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

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**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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