



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | APRIL 2019

## MORNING

<b>MONDAY</b>	<b>STRENGTH</b> 7:00 - 7:50 Christy/Chase(S1)
	<b>HI/LO CARDIO</b> 8:00 - 8:50 Lenska (S2) ★
	<b>HIIT</b> 8:00 - 8:50 Chase (S1) I/A
	<b>STEP</b> 9:00 - 10:20 Lynn K. (S2) I/A
	<b>STRENGTH</b> 9:00 - 9:50 Dinah (MS) ★
	<b>ZUMBA®</b> 10:00 - 10:50 Meg (MS) ★
	<b>DANCE! EXERCISE LITE</b> 11:30 - 12:20 Cheri (S1) ★ ♥
	<b>TUESDAY</b>
	<b>HIIT</b> 5:30 - 6:20 Tracey (MS) I/A
	<b>BARRE</b> 8:00 - 8:50 Ginger (S3)
<b>WALKING CLUB</b> 8:00 - 9:00 Staff (ML) ★ ♥	
<b>WALKING CLUB/ EXTENDED</b> 8:00 - 9:15 Staff (ML) I/A	
<b>CXWORX™</b> 8:10 - 8:50 Matt (S2)	
<b>BOSU®</b> 8:15 - 9:05 Chase (S1) I/A	
<b>DANCE! CARDIO MIX</b> 9:00 - 9:50 Ginger (S3) I/A	
<b>EXTREME FIT/ OUTDOORS</b> 9:00 - 9:50 Mandie (YA) I/A	
<b>CARDIO/STRENGTH</b> 9:15 - 10:05 Lenska (S1)	
<b>DANCE! BODY RHYTHMS</b> 10:00 - 10:50 Adrienne (S2) ♥	
<b>BODYPUMP™</b> 10:15 - 11:15 Kristin (MS)	
<b>DANCE! SPIRIT GROOVE</b> 11:15 - 12:05 TC (S1) ★ ♥	

<b>WEDNESDAY</b>	<b>FOREVER FIT</b> 8:00 - 8:50 Teresa (S3) ★ ♥
	<b>ZUMBA® GOLD</b> 8:00 - 8:50 Cheri (S1) ★ ♥
	<b>BARRE</b> 8:00 - 8:50 Mandie (S2) I/A
	<b>BODYPUMP™</b> 8:00 - 9:00 Julie (MS)
	<b>CARDIO BLAST</b> 9:15 - 10:05 Karen (MS) I/A
	<b>COREFIT</b> 9:00 - 9:50 Chase (S1) I/A
	<b>DANCE! LINE DANCE</b> 10:30 - 11:20 Kathy L. (S2) ★ ♥
	<b>STRENGTH</b> 11:30 - 12:20 Kathy L. (S2) ★ ♥
	<b>EXERCISE LITE</b> 11:30 - 12:20 Angela (S1) ★ ♥
	<b>THURSDAY</b>
<b>BODYPUMP™</b> 5:30 - 6:30 Kristin (MS) NEW	
<b>WALKING CLUB</b> 8:00 - 9:00 Staff (ML) ★ ♥	
<b>WALKING CLUB/ EXTENDED</b> 8:00 - 9:15 Staff (ML) I/A	
<b>BODYPUMP™</b> 8:00 - 9:00 Jeanne (MS)	
<b>BARRE</b> 8:00 - 8:50 Cheri (S2)	
<b>STEP</b> 9:05 - 10:05 Rebecca (S2) I/A	
<b>ZUMBA®</b> 9:15 - 10:05 Jeanne (MS) ★	
<b>CHAIR YOGA/ STRENGTH</b> 10:15 - 11:05 Zy (S1) ★ ♥	
<b>BARRE</b> 10:15 - 11:05 Holly (S2)	
<b>DANCE! SPIRIT GROOVE</b> 11:15 - 12:05 Adrienne/ Yvonne (S1) ★ ♥	

<b>FRIDAY</b>	<b>HIIT</b> 5:30 - 6:10 Kyra (MS) I/A
	<b>HI/LO CARDIO</b> 8:00 - 8:50 Staff (S2) ★
	<b>BODYPUMP™</b> 8:00 - 9:00 Matt (MS)
	<b>CXWORX™</b> 8:10 - 8:50 Mariah (S1)
	<b>RUNNING CLUB</b> 8:30 - 9:20 Maria (ML)
	<b>STEP</b> 9:00 - 10:20 Holly R. (S1)
	<b>FOREVER FIT</b> 9:00 - 9:50 Teresa (S2) ★ ♥
	<b>BARRE</b> 9:00 - 9:50 Jina (S3)
	<b>CARDIO BLAST</b> 9:15 - 10:05 Karen (MS) I/A
	<b>DANCE! BODY RHYTHMS</b> 10:00 - 10:50 Adrienne (S2) ♥
<b>ZUMBA®</b> 10:30 - 11:20 Kristyn (MS) ★	
<b>EXERCISE LITE</b> 11:30 - 12:20 Mary Jo (S2) ★ ♥	

<b>SATURDAY</b>	<b>EXTREME FIT/ OUTDOORS</b> 7:00 - 7:50 Karen (YA) I/A
	<b>HI/LO CARDIO</b> 8:00 - 8:50 Suzanne (S1) ♥
	<b>WALKING CLUB/ EXTENDED</b> 8:00 - 9:30 Staff (ML) ★ ♥
	<b>BODYPUMP™</b> 8:00 - 9:00 Julie (MS)
	<b>STRENGTH</b> 9:05 - 9:55 Risa (MS)
	<b>STEP</b> 10:05 - 10:55 Risa (S2)
	<b>ZUMBA® FAMILY</b> 10:00 - 10:50 Tabatha (MS) ★ 5+
	<b>HIIT</b> 10:30 - 11:20 Denise R. (S1) I/A
	<b>BODYPUMP™</b> 11:00 - 12:00 Staff (MS)
	<b>SUNDAY</b>
<b>BODYPUMP™</b> 8:00 - 9:00 Halle (MS)	
<b>ZUMBA®</b> 9:05 - 9:55 Kristyn (MS)	
<b>STEP</b> 10:00 - 10:50 Risa (S2)	

## 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

Please see reverse for key to class descriptor symbols.



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AFTERNOON

**MONDAY**

**BODYPUMP™**  
4:25 - 5:20  
Mariah (MS)

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**ZUMBA®**  
5:30 - 6:20  
Meg A. (MS) ★ 65 7+

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

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**BODYPUMP™**  
6:30 - 7:30  
Matt (MS)

**TUESDAY**

**ZUMBA®**  
4:30 - 5:20  
Vanessa (S1) I/A

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**STEP**  
5:30 - 6:20  
Al (S1) ★ 65 10+

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**ZUMBA® FAMILY**  
7:00 - 7:50  
Tracy (MS) ★ 65 7+

**WEDNESDAY**

**BODYPUMP™**  
4:15 - 5:15  
Halle (MS)

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**COREFIT**  
5:30 - 6:20  
Mindy (MS)

**THURSDAY**

**ZUMBA®**  
5:30 - 6:20  
Penny (S2) ★ 65 7+

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**STRENGTH**  
5:30 - 6:20  
Denise (MS) ★ 65 7+

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**BODYPUMP™**  
6:30 - 7:30  
Suzanne (MS)

**FRIDAY**

**ZUMBA®**  
5:30 - 6:20  
Tabatha (MS) ★ 65 7+

**SATURDAY**

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

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**ZUMBA®**  
12:05 - 12:55  
Vanessa A. (MS) ★ 65

**SUNDAY**

## KEY

### LOCATIONS:

- (S1) Studio 1
- (S2) Studio 2
- (S3) Studio 3
- (MS) Mega Studio
- (CL) Cycling Loft
- (CP) Competition Pool
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- (ML) Main Lobby
- (MU) Multi Use
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- (CC) Camp Corral
- (MB) Moonlight Beach



#### GETTING STARTED

A great place to begin or restart your exercise program.



#### 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.



#### PASS REQUIRED

Pass Required. Space is limited. Pick up pass at Courtesy Counter.



Children ages 5-12 and parent/guardian must actively participate together.



Children ages 7-12 and parent/guardian must actively participate together.



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:

Cheri Pogeler • (760) 942-9622 x12584 • cpogeler@ymca.org