



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | MARCH 2019

MORNING

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

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

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

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

ZUMBA®
5:30 - 6:20
Meg A. (MS) ★ 7+

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

BODYPUMP™
6:30 - 7:30
Matt (MS)

TUESDAY

ZUMBA®
4:30 - 5:20
Vanessa (S1) I/A

STEP
5:30 - 6:20
Al (S1) ★ 10+

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

WEDNESDAY

BODYPUMP™
4:15 - 5:15
Halle (MS)

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

THURSDAY

ZUMBA®
5:30 - 6:20
Penny (S2) ★ 7+

STRENGTH
5:30 - 6:20
Denise (MS) ★ 7+

BODYPUMP™
6:30 - 7:30
Suzanne (MS)

FRIDAY

ZUMBA®
5:30 - 6:20
Tabatha (S2) ★ 7+

SATURDAY

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

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

SUNDAY

KEY

LOCATIONS:

- (S1) Studio 1
- (S2) Studio 2
- (S3) Studio 3
- (MS) Mega Studio
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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