



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | NOVEMBER 2018

## MORNING

**MONDAY**

**STRENGTH**  
7:00 - 7:50  
Christy/Chase(S1)

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**HI/LO CARDIO**  
8:00 - 8:50  
Lenska (S2) ★

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**HIIT**  
8:00 - 8:50  
Chase (S1) I/A

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**STEP**  
9:00 - 10:20  
Lynn K. (S2) I/A

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**STRENGTH**  
9:00 - 9:50  
Dinah (MS) ★

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**ZUMBA®**  
10:00 - 10:50  
Meg (MS) ★

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**DANCE!  
EXERCISE LITE**  
11:30 - 12:20  
Cheri (S1) ★ ♥

**TUESDAY**

**HIIT**  
5:30 - 6:20  
Tracey (MS) I/A

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**BARRE**  
8:00 - 8:50  
Ginger (S3)

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**WALKING CLUB**  
8:00 - 9:00  
Staff (ML) ★ ♥

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**WALKING CLUB/  
EXTENDED**  
8:00 - 9:15  
Staff (ML) I/A

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**CXWORX™**  
8:10 - 8:50  
Matt (S2)

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**BOSU®**  
8:15 - 9:05  
Chase (S1) I/A

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**DANCE!  
CARDIO MIX**  
9:00 - 9:50  
Ginger (S3) I/A

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**EXTREME FIT/  
OUTDOORS**  
9:00 - 9:50  
Mandie (YA) I/A

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**CARDIO/STRENGTH**  
9:15 - 10:05  
Lenska (S1)

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**DANCE!  
BODY RHYTHMS**  
10:00 - 10:50  
Adrienne (S2) ♥

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**BODYPUMP™**  
10:15 - 11:15  
Julie (MS)

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**DANCE!  
SPIRIT GROOVE**  
11:15 - 12:05  
TC (S1) ★ ♥

**WEDNESDAY**

**FOREVER FIT**  
8:00 - 8:50  
Teresa (S3) ★ ♥

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**ZUMBA® GOLD**  
8:00 - 8:50  
Cheri (S1) ★ ♥

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**BARRE**  
8:00 - 8:50  
Mandie (S2) I/A

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**BODYPUMP™**  
8:00 - 9:00  
Jennifer B. (MS)

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**CARDIO BLAST**  
9:15 - 10:05  
Karen (MS) I/A

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**COREFIT**  
9:00 - 9:50  
Leigh (S1) I/A

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**DANCE! LINE DANCE**  
10:30 - 11:20  
Kathy L. (S2) ★ ♥

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**STRENGTH**  
11:30 - 12:20  
Kathy L. (S2) ★ ♥

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**EXERCISE LITE**  
11:30 - 12:20  
Angela (S1) ★ ♥

**THURSDAY**

**HIIT**  
5:30 - 6:20  
East (MS) NEW

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**WALKING CLUB**  
8:00 - 9:00  
Staff (ML) ★ ♥

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**WALKING CLUB/  
EXTENDED**  
8:00 - 9:15  
Staff (ML) I/A

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**BODYPUMP™**  
8:00 - 9:00  
Jeanne (MS)

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**STEP**  
9:05 - 10:05  
Rebecca (S2) I/A

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**ZUMBA®**  
9:15 - 10:05  
Jeanne (MS) ★

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**CHAIR YOGA/  
STRENGTH**  
10:15 - 11:05  
Zy (S1) ★ ♥

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**BARRE**  
10:15 - 11:05  
Holly (S2)

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**DANCE!  
SPIRIT GROOVE**  
11:15 - 12:05  
Adrienne/  
Yvonne (S1) ★ ♥

**FRIDAY**

**HIIT**  
6:45 - 7:35  
Kyra (S1) I/A

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**HI/LO CARDIO**  
8:00 - 8:50  
Staff (S2) ★

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**BODYPUMP™**  
8:00 - 9:00  
Matt (MS)

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**CXWORX™**  
8:10 - 8:50  
Mariah (S1)

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**RUNNING CLUB**  
8:30 - 9:20  
Maria (ML)

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**STEP**  
9:00 - 10:20  
Holly R. (S1)

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**FOREVER FIT**  
9:00 - 9:50  
Teresa (S2) ★ ♥

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**BARRE**  
9:00 - 9:50  
Jina (S3)

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**CARDIO BLAST**  
9:15 - 10:05  
Karen (MS) I/A

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**DANCE!  
BODY RHYTHMS**  
10:00 - 10:50  
Adrienne (S2) ♥

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**ZUMBA®**  
10:30 - 11:20  
Kristyn (MS) ★

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**EXERCISE LITE**  
11:30 - 12:20  
Mary Jo (S2) ★ ♥

**SATURDAY**

**EXTREME FIT/  
OUTDOORS**  
7:00 - 7:50  
Karen (YA) I/A

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**HI/LO CARDIO**  
8:00 - 8:50  
Staff (S1) ♥

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**WALKING CLUB/  
EXTENDED**  
8:00 - 9:30  
Staff (ML) ★ ♥

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**BODYPUMP™**  
8:00 - 9:00  
Julie (MS)

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**STRENGTH/  
CXWORX™**  
9:05 - 9:55  
Risa (MS)

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**STEP**  
10:00 - 10:50  
Risa (S2)

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**ZUMBA® FAMILY**  
10:00 - 10:50  
Tabatha (MS) ★ 5+

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**HIIT**  
10:30 - 11:20  
Denise R. (S1) I/A

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**BODYPUMP™**  
11:00 - 12:00  
Staff (MS)

**SUNDAY**

**BODYPUMP™**  
8:00 - 9:00  
Halle (MS)

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**ZUMBA®**  
9:05 - 9:55  
Kristyn (MS)

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**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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# MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | NOVEMBER 2018

AFTERNOON

**MONDAY**

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

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**ZUMBA®**  
5:30 - 6:20  
Meg A. (MS) ★ 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 (S2) I/A

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**STEP**  
5:30 - 6:20  
Al (S2) ★ 10+

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

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

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**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)

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

**SUNDAY**

## KEY

### 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



#### 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