



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# JOIN US



## MEMORIAL DAY WORKOUT SCHEDULE MAGDALENA ECKE FAMILY YMCA

Monday, May 27<sup>TH</sup>  
 Facility Hours: 7:00 AM – 2:00 PM

Open & **FREE** to all in the San Diego community.  
 (Childcare Available)

### SPECIAL GROUP CLASS & AQUA SCHEDULE - Regular schedule resumes on Tuesday.

STUDIO 1	STUDIO 2	STUDIO 3	MEGA STUDIO	LOFT
<b>COREFIT</b> 8:00–8:50 am Mariah	<b>STRENGTH</b> 8:00–8:50 am Chase	<b>BARRE</b> 8:00–8:50 am Cheri	<b>BODYPUMP™</b> 8:00–9:00 am Suzanne	<b>CYCLING</b> (Accuro Fit Friendly) 8:00–8:50 am Steve
<b>HATHA YOGA</b> 9:00–9:50 am Gretchen	<b>PILATES/STRETCH</b> 9:00–9:50 am Risa	<b>LINE DANCE</b> 9:00–9:50 am Kathy	<b>FAMILY ZUMBA</b> 9:05–9:55 am Kristyn	<b>CYCLING</b> 9:00–10:30 am Laura
<b>STEP</b> 10:00–10:50 am Risa	<b>ALL AMERICAN DANCE PARTY</b> 10:00–10:50 am Lenska		<b>HIIT</b> 10:00–10:50 am Chase	
			<b>COMP. POOL</b>	<b>INST. POOL</b>
			<b>MASTER SWIM</b> 8:00–10:00 am	<b>AQUA FIT</b> 9:00–10:00 am Charla

Our Mission: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

Questions? Please contact Cheri Pogeler at [cpogeler@ymca.org](mailto:cpogeler@ymca.org)