



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA

## MIND & BODY SCHEDULE | DECEMBER 2018

**MONDAY**

**HATHA YOGA**  
6:00 - 6:50 AM  
Liz F. (S1) ★ 65 ♥

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**SOMATICS**  
8:00 - 8:50 AM  
Linda (MS) ★ 65 ♥

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**HATHA YOGA**  
9:00 - 10:20 AM  
Gretchen (S1)

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**BENDER BALL®**  
10:30 - 11:20 AM  
Ashley (S1) ★ 65 ♥

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**FUSION YOGA/  
PILATES**  
11:30 AM - 12:20 PM  
Carolyn M. (S2) ♥

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**TAI CHI**  
12:30 - 1:20 PM  
Walter (S2) ★ 65 ♥

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**HATHA YOGA**  
12:30 - 1:50 PM  
Myriam (S1) I/A

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**GENTLE YOGA**  
6:15 - 7:35 PM  
Andrew J. (MU)  
★ 65 ♥ 7+

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

**TUESDAY**

**HATHA YOGA**  
6:00 - 6:50 AM  
Hilary (S1)

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**STRETCH**  
8:15 - 9:05 AM  
Carolyn M. (MS) ★ 65 ♥

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**PILATES**  
9:15 - 10:05 AM  
Carolyn M. (MS) ★

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**TAI CHI**  
10:15 - 11:05 AM  
Tom S. (S1) ★ 65 ♥

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**HATHA YOGA**  
11:00 AM - 12:20 PM  
Jennifer S. (S2)

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**DANCE!  
SPIRIT GROOVE**  
11:15 AM - 12:05 PM  
TC (S1) ★ 65 ♥

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**GENTLE YOGA**  
12:30 - 1:50 PM  
Andrew J. (MS) ★ 65 ♥

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**HATHA YOGA**  
4:30 - 5:50 PM  
Andrew J. (MS)

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**PILATES**  
6:00 - 6:50 PM  
Andrew J. (MS)  
★ 65 ♥ 7+

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

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**HATHA YOGA**  
7:00 - 7:50 PM  
Andrew J. (S1)  
★ 65 ♥ 7+

**WEDNESDAY**

**PILATES**  
6:00 - 6:50 AM  
Andrew (S2)

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**STRETCH**  
7:00 - 7:50 AM  
Risa (S1) ★ 65 ♥

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**HATHA YOGA**  
9:00 - 10:20 AM  
Hilary (S2) I/A

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**BENDER BALL®**  
10:30 - 11:20 AM  
Maggie (S1) ★ 65 ♥

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**GENTLE YOGA**  
10:30 - 11:50 AM  
Jennifer S. (MS) ★

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**HATHA YOGA**  
12:30 - 1:50 PM  
Carolyn M. (S1) ★ 65 ♥

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

**HATHA YOGA**  
6:00 - 6:50 AM  
Liz F. (S1)

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**STRETCH**  
8:00 - 8:50 AM  
Myriam (S1) I/A

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**SOMATICS**  
9:15 - 10:05 AM  
Linda (S1) ★ 65 ♥

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**CHAIR YOGA**  
10:15 - 11:05 AM  
Zy (S1) ★ 65 ♥

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**TAI CHI**  
11:15 AM - 12:05 PM  
Walter (S2) ★ 65 ♥

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**DANCE!  
SPIRIT GROOVE**  
11:15 AM - 12:05 PM  
Adrienne/  
Yvonne (S1) ★ 65 ♥

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**ADAPTIVE YOGA**  
12:15 - 1:20 PM  
Carolyn M. (S2) ☺ 65

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**GENTLE YOGA**  
12:30 - 1:50 PM  
Andrew J. (MS) ★ 65 ♥

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**HATHA YOGA**  
12:30 - 1:50 PM  
Sherry (S1) I/A

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**HATHA YOGA**  
4:30 - 5:20 PM  
Jennifer (MS)

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**TAI CHI**  
6:30 - 7:20 PM  
Tom S. (S2) ★ 65 7+

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**HATHA YOGA**  
7:00 - 7:50 PM  
Andrew J. (S1) ★ 65 7+

**FRIDAY**

**POWER YOGA**  
6:00 - 6:50 AM  
Tanya (S2)

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**BENDER BALL®**  
10:30 - 11:20 AM  
Holly (S1) ★ 65 ♥

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**HATHA YOGA**  
11:45 AM - 1:05 PM  
Liz F. (S1) ★

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**GENTLE YOGA**  
12:30 - 1:20 PM  
Mary Jo (S2) ★ 65 ♥

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**VINYASA YOGA**  
6:00 - 7:20 PM  
Denise (S1) I/A 7+

**SATURDAY**

**HATHA YOGA**  
7:00 - 7:50 AM  
Staff (S1) ★ 65 ♥

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**HATHA YOGA**  
9:00 - 10:20 AM  
Dee (S1) I/A

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**KID FRIENDLY YOGA  
(5-12)**  
9:00 - 9:50 AM  
Staff (S2)

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**STRETCH**  
11:45 AM - 12:35 PM  
Carolyn M. (S1) ★ 65 ♥

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**CHAIR YOGA**  
12:15 - 1:05 PM  
Zy (S2) ★ 65 ♥

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**GENTLE YOGA**  
5:00 - 5:50 PM  
Jennifer (S1) ★ 65 ♥ 7+

**SUNDAY**

**IYENGAR YOGA**  
7:00 - 8:20 AM  
Heidi (S2)

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**PILATES**  
9:00 - 9:50 AM  
Risa (S1) ♥

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**AQUA MIND BODY  
(5-12)**  
10:00 - 10:50 AM  
Penny (IP) ★ 65 ♥

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**POWER YOGA**  
10:15 - 11:50 AM  
Sandrine/Kelly (S1) I/A

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**GENTLE YOGA**  
11:30 AM - 12:50 PM  
Teresa (MS) ★ 65

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**HATHA YOGA**  
12:00 - 1:20 PM  
Liz F. (S1)

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**RESTORATIVE YOGA**  
4:00 - 5:20 PM  
Andrew J. (S1) ★ 65 ♥

### 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

### REMINDERS:

- **Schedule subject to change without prior notice**
- **Please check (website) for most up-to-date information and subs**

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## KEY

- ★ 65 **GETTING STARTED**  
A great place to begin or restart your exercise program.
- ★ 65 **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.

### FOR MORE INFORMATION ON GROUP FITNESS:

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