MAGDALENA ECKE FAMILY YMCA
MIND & BODY SCHEDULE | JULY 2019

MONDAY

HATHA YOGA
6:00 – 6:50 AM
Liz (S1) *

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

BENDER BALL®
10:30 – 11:20 AM
Ashley (MS) *

FUSION YOGA / PILATES
11:30 AM – 12:20 PM
Carolyn (S2) *

TAI CHI
12:30 – 1:20 PM
Walter (S2) *

HATHA YOGA
12:30 – 1:50 PM
Myriam (S1) *

GENTLE YOGA
6:15 – 7:35 PM
Andrew (MU) *

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

TUESDAY

HATHA YOGA
6:00 – 6:50 AM
Hillary (S1) *

STRETCH
8:15 – 9:05 AM
Carolyn (S) *

PILATES
9:15 – 10:05 AM
Carolyn (MS) *

HATHA YOGA
9:00 – 10:20 AM
Hillary (S2) *

STRETCH
7:00 – 7:50 AM
Risa (S1) *

HATHA YOGA
12:30 – 1:50 PM
Carolyn (S1) *

GENTLE YOGA
12:30 – 1:50 PM
Andrew (MS) *

VINYASA YOGA
6:30 – 7:50 PM
Teresa (MS) *

WEDNESDAY

PILATES
6:00 – 6:50 AM
Andrew (S2) *

HATHA YOGA
9:00 – 10:20 AM
Marta (S2) *

GENTLE YOGA
10:30 – 11:20 AM
Risa (S1) *

HATHA YOGA
12:30 – 1:50 PM
Sandrine (S2) *

HATHA YOGA
12:30 – 1:50 PM
Carolyn (S1) *

PILATES
6:00 – 6:50 PM
Andrew (S2) *

VINYASA YOGA
6:30 – 7:50 PM
Tina (S1) *

THURSDAY

HATHA YOGA
6:00 – 6:50 AM
Andrew (S2) *

STRETCH
8:00 – 8:50 AM
Myriam (S1) *

HATHA YOGA
11:45 AM – 1:05 PM
Liz (S1) *

GENTLE YOGA
12:30 – 1:20 PM
Mary Jo (S2) *

VINYASA YOGA
6:00 – 7:20 PM
Denise (S1) *

FRIDAY

HATHA YOGA
6:00 – 6:50 AM
Tanya (S2) *

STRETCH
7:00 – 7:50 AM
Risa (S1) *

HATHA YOGA
12:30 – 1:50 PM
Sherry (S1) *

PILATES
10:30 – 11:20 AM
Risa (S1) *

GENTLE YOGA
12:30 – 1:20 PM
Mary Jo (S2) *

VINYASA YOGA
6:00 – 7:20 PM
Denise (S1) *

SATURDAY

HATHA YOGA
7:05 – 7:55 AM
Shuwen (S2) *

BENDER BALL®
10:30 – 11:20 AM
Holly (S1) *

HATHA YOGA
11:45 AM – 1:05 PM
Liz (S1) *

GENTLE YOGA
12:30 – 1:20 PM
Mary Jo (S2) *

VINYASA YOGA
6:00 – 7:20 PM
Denise (S1) *

SUNDAY

HATHA YOGA
7:05 – 8:25 AM
Heidi (S2) *

PILATES
9:00 – 9:50 AM
Risa (S1) *

AQUA MIND BODY
10:00 – 10:50 AM
Penny (IP) *

POWER YOGA
10:15 – 11:35 AM
Sandrine/Kelly (S1) *

GENTLE YOGA
11:30 AM – 12:50 PM
Teresa (MS) *

HATHA YOGA
12:00 – 1:20 PM
Liz (S1) *

RESTORATIVE YOGA
4:00 – 5:20 PM
Andrew (S1) *

REMINDERS:

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

KEY

🌟 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.

FOR MORE INFORMATION ON GROUP FITNESS:
Cheri Pogeler • (760) 942-9622 x12584 • cpogeler@ymca.org

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

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