



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA WATER EXERCISE SCHEDULE | JANUARY 2019

**MONDAY**  
**AQUA FIT**  
8:00 - 8:50 AM  
Charla (IP) ★<sup>65</sup> ♥

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**AQUA FIT**  
2:00 - 2:50 PM  
Carolyn M. (IP) ★<sup>65</sup> ♥

**TUESDAY**  
**AQUA FIT/DEEP**  
7:15 - 8:00 AM  
Helene (CP) ★<sup>65</sup> ♥

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**AQUA FIT/DEEP**  
8:15 - 9:00 AM  
Helene (CP) ★<sup>65</sup> ♥

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**HYDRO HEALING**  
11:15 - 12:05 PM  
Adrienne (IP) ★<sup>65</sup> ♥

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**AQUA FIT**  
6:30 - 7:20 PM  
Helen (IP) ★<sup>65</sup> ♥ 10+

**WEDNESDAY**  
**AQUA FIT**  
8:00 - 8:50 AM  
Honey (IP) ★<sup>65</sup> ♥

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**AQUA FIT**  
2:00 - 2:50 PM  
Tracey (IP) ★<sup>65</sup> ♥

**THURSDAY**  
**AQUA FIT/DEEP**  
7:15 - 8:00 AM  
Helen (CP) ★<sup>65</sup> ♥

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**AQUA FIT/DEEP**  
8:15 - 9:00 AM  
Helene (CP) ★<sup>65</sup> ♥

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**HYDRO HEALING**  
11:15 - 12:05 PM  
Helene (IP) ★<sup>65</sup> ♥

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**AQUA FIT**  
6:30 - 7:20 PM  
Stacey (IP) ★<sup>65</sup> ♥ 10+

**FRIDAY**  
**AQUA FIT**  
8:00 - 8:50 AM  
Vanessa (IP) ★<sup>65</sup> ♥

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**AQUA INTERVAL**  
2:00 - 2:50 PM  
Penny (IP) ★<sup>65</sup> ♥

**SATURDAY**  
**AQUA FIT/DEEP**  
8:40 - 9:30 AM  
Helene (CP) ★<sup>65</sup> ♥

**SUNDAY**  
**AQUA FIT**  
9:00 - 9:50 AM  
Penny (IP) ★<sup>65</sup> ♥

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**AQUA MIND BODY**  
10:00 - 10:50 AM  
Penny (IP) ★<sup>65</sup> ♥

## 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
- (MS) 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**

## KEY

- ★ **GETTING STARTED**  
A great place to begin or restart your exercise program.
- ♥ **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.
- VA **INTERMEDIATE/ADVANCED**  
Higher intensity and advanced instruction provided.
- ☺ **BABY FRIENDLY**  
Babies in stroller or carrier are allowed. No toddlers, please.