



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA WATER EXERCISE SCHEDULE | NOVEMBER 2018

MONDAY
AQUA FIT
8:00 - 8:50 AM
Charla (IP) ★⁶⁵ ♥

AQUA FIT
2:00 - 2:50 PM
Carolyn M. (IP) ★⁶⁵ ♥

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

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

HYDRO HEALING
11:15 - 12:05 PM
Adrienne (IP) ★⁶⁵ ♥

AQUA FIT
6:30 - 7:20 PM
Helen (IP) ★⁶⁵ ♥ ¹⁰⁺

WEDNESDAY
AQUA FIT
8:00 - 8:50 AM
Honey (IP) ★⁶⁵ ♥

AQUA FIT
2:00 - 2:50 PM
Tracey (IP) ★⁶⁵ ♥

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

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

HYDRO HEALING
11:15 - 12:05 PM
Helene (IP) ★⁶⁵ ♥

AQUA FIT
6:30 - 7:20 PM
Stacey (IP) ★⁶⁵ ♥ ¹⁰⁺

FRIDAY
AQUA FIT
8:00 - 8:50 AM
Vanessa (IP) ★⁶⁵ ♥

AQUA INTERVAL
2:00 - 2:50 PM
Penny (IP) ★⁶⁵ ♥

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

SUNDAY
AQUA FIT
9:00 - 9:50 AM
Penny (IP) ★⁶⁵ ♥

AQUA MIND BODY
10:00 - 10:50 AM
Penny (IP) ★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
- (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.