



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA

## Y ACTIVE ADULTS SCHEDULE | JANUARY 2019

### MORNING

**MONDAY**

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

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

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**HI/LO CARDIO**  
8:00 - 8:50  
Lenska (S2) ★

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

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**STRENGTH**  
9:00 - 9:50  
Dinah (MS) ★

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**ZUMBA®**  
10:00 - 10:50  
Meg (MS) ★

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

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**DANCE!**  
**EXERCISE LITE**  
11:30 - 12:20  
Cheri (S1) ★ ♥

**TUESDAY**

**HATHA YOGA**  
6:00 - 6:50  
Hilary (S1) ★ 65 ♥

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

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**WALKING CLUB**  
8:00 - 9:00  
Staff (ML) ★ ♥

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

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

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

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**DANCE!**  
**BODY RHYTHMS**  
10:00 - 10:50  
Adrienne (S2) ♥

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

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

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

**WEDNESDAY**

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

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**AQUA FIT**  
8:00 - 8:50  
Honey (IP) ★ ♥

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**FOREVER FIT**  
8:00 - 8:50  
Teresa (S3) ★ ♥

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**ZUMBA® GOLD**  
8:00 - 8:50  
Cheri (S1) ★ ♥

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**BENDER BALL®**  
10:30 - 11:20  
Meggie (S1) ★ ♥

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

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**DANCE! LINE DANCE**  
10:30 - 11:20  
Kathy L. (S2) ★ ♥

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**STRENGTH**  
11:30 - 12:20  
Kathy L. (S2) ★ ♥

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**EXERCISE LITE**  
11:30 - 12:20  
Angela (S1) ★ ♥

**THURSDAY**

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

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**WALKING CLUB**  
8:00 - 9:00  
Staff (ML) ★ ♥

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**BARRE**  
8:00 - 8:50  
Cheri (S2) ★

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

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

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**ZUMBA®**  
9:15 - 10:20  
Jeanne (MS) ★

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

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

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

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

**FRIDAY**

**AQUA FIT**  
8:00 - 8:50  
Vanessa (IP) ★ ♥

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**HI/LO CARDIO**  
8:00 - 8:50  
Staff (S1) ★

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**FOREVER FIT**  
9:00 - 9:50  
Teresa (S2) ★ ♥

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**DANCE!**  
**BODY RHYTHMS**  
10:00 - 10:50  
Adrienne (S2) ♥

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**ZUMBA®**  
10:30 - 11:20  
Kristyn (MS) ★

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

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**EXERCISE LITE**  
11:30 - 12:20  
Mary Jo (S2) ★ ♥

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

**SATURDAY**

**HATHA YOGA**  
7:00 - 7:50  
Shuwen (S1) ★ ♥

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**HI/LO CARDIO**  
8:00 - 8:50  
Suzanne (S1) ♥

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**WALKING CLUB/  
EXTENDED**  
8:00 - 9:30  
Staff (ML) ★ ♥

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

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**ZUMBA®**  
10:00 - 10:50  
Tabatha (MS) ★ 5+

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

**SUNDAY**

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

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**ZUMBA®**  
9:00 - 9:50  
Kristyn (MS)

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

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**AQUA FIT**  
9:00 - 9:50  
Penny (IP) ★ ♥

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**AQUA MIND BODY**  
10:00 - 10:50  
Penny (IP) ★ ♥

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**GENTLE YOGA**  
11:30 - 12:50  
Teresa (MS)



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# MAGDALENA ECKE FAMILY YMCA

## Y ACTIVE ADULTS SCHEDULE | JANUARY 2019

# AFTERNOON

**MONDAY**

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

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

**ZUMBA®**  
5:30 - 6:20  
Meg A. (MS) ★65 7+

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

**TUESDAY**

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

**ZUMBA®**  
4:30 - 5:20  
Vanessa (S2) ★65 7+

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

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

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

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

**WEDNESDAY**

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

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

**THURSDAY**

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

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

**ZUMBA®**  
5:30 - 6:20  
Penny (MS) ★65 7+

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

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

**FRIDAY**

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

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

**ZUMBA®**  
5:30 - 6:20  
Tabatha (S2) ★65 7+

**SATURDAY**

**ZUMBA®**  
12:05 - 12:55  
Vanessa (MS) ★65

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

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

**SUNDAY**

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

## KEY

- (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

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

## REMINDERS:

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

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