MAGDALENA ECKE FAMILY YMCA
Y ACTIVE ADULTS SCHEDULE | JULY 2019

SUNDAY

HATHA YOGA
8:00 – 8:50
Suzanne (S1) ❃

HI/LO CARDIO
8:00 – 8:50
Suzanne (S1) ❃

ZUMBA®
9:00 – 9:50
Kristyn (MS) ❃

PILATES
9:00 – 9:50
Risa (S1) ❃

AQUA FIT
9:00 – 9:50
Penny (IP) ❃

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

GENTLE YOGA
11:30 – 12:50
Teresa (MS) ❃

MORNING

MONDAY

HATHA YOGA
6:00 – 6:50
Liz (S1) ❃

SOMATICS/STRENGTH
8:00 – 8:50
Linda (MS) ❃

HI/LO CARDIO
8:00 – 8:50
Lensa (S2) ❃

AQUA FIT
8:00 – 8:50
Suzanne (IP) ❃

STRENGTH
9:00 – 9:50
Dinah (MS) ❃

ZUMBA®
10:00 – 10:50
Meg (MS) ❃

BENDER BALL®
10:30 – 11:20
Ashley (S1) ❃

DANCE! EXERCISE LITE
11:30 – 12:20
Cheri (S1) ❃

TUESDAY

HATHA YOGA
6:00 – 6:50
Hillary (S1) ❃

AQUA FIT/DEEP
7:15 – 8:00
Helen (CP) ❃

WALKING CLUB
8:00 – 9:00
Staff (ML) ❃

AQUA FIT/DEEP
8:15 – 9:00
Helene (CP) ❃

STRETCH
8:15 – 9:05
Carolyn (MS) ❃

PILATES
9:15 – 10:05
Carolyn (MS) ❃

DANCE!
BODY RHYTHMS
10:00 – 10:50
Adrienne (S2) ❃

STRETCH
11:30 – 12:20
Kathy (S2) ❃

EXERCISE LITE
11:30 – 12:20
Angela (S1) ❃

THURSDAY

STRETCH
7:00 – 7:50
Helen (CP) ❃

AQUA FIT
8:00 – 8:50
Helene (IP) ❃

FOREVER FIT
8:00 – 8:50
Teresa (S3) ❃

ZUMBA
11:45 – 1:05
Risa (S1) ❃

HATHA YOGA
11:45 – 1:05
Liz (S1) ❃

EXERCISE LITE
11:30 – 12:20
Adrienne/Yvonne (S1) ❃

TAI CHI
11:15 AM – 12:05
Walter (S2) ❃

FRIDAY

AQUA FIT
8:00 – 8:50
Vanessa (IP) ❃

BARRE
8:00 – 8:50
Cheri (S2) ❃

AQUA FIT/DEEP
8:15 – 9:00
Helene (CP) ❃

PILATES
10:30 – 11:20
Risa (S1) ❃

GENTLE YOGA
11:30 – 11:50
Jennifer S. (MS) ❃

DANCE! LINE DANCE
10:30 – 11:20
Kathy (S2) ❃

STRENGTH
11:30 – 12:20
Kathy (S2) ❃

EXERCISE LITE
11:30 – 12:20
Mary Jo (S2) ❃

SATURDAY

HATHA YOGA
7:05 – 8:55
Shuwen (S2) ❃

HI/LO CARDIO
8:00 – 8:50
Suzanne (S1) ❃

WALKING CLUB
8:00 – 8:50
Staff (S1) ❃

FOREVER Fit
9:00 – 9:50
Teresa (S2) ❃

DANCE!
BODY RHYTHMS
10:00 – 10:50
Adrienne (S2) ❃

ZUMBA®
10:30 – 11:20
Kristyn (MS) ❃

STRENGTH
9:10 – 9:50
Risa (MS) ❃

ZUMBA®
10:00 – 10:50
William S. (MS) ❃

GENTLE YOGA
11:30 – 12:50
Teresa (MS) ❃

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
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<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
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* WATER EXERCISE CLASS TIMES ARE EFFECTIVE THROUGH JUNE 16