



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA

Y ACTIVE ADULTS SCHEDULE | MAY 2019

MORNING

MONDAY

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

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

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

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

STRENGTH
9:00 - 9:50
Dinah (MS) ★

ZUMBA®
10:00 - 10:50
Meg (MS) ★

BENDER BALL®
10:30 - 11:20
Ashley (S1) ★ 65 ♥

DANCE!
EXERCISE LITE
11:30 - 12:20
Cheri (S1) ★ 65 ♥

TUESDAY

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

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

WALKING CLUB
8:00 - 9:00
Staff (ML) ★ 65 ♥

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

STRETCH
8:15 - 9:05
Carolyn M. (MS) ★ 65 ♥

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

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

TAI CHI
10:15 - 11:05
Tom S. (S1) ★ 65 ♥

DANCE!
SPIRIT GROOVE
11:15 - 12:05
TC (S1) ★ 65 ♥

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

WEDNESDAY

STRETCH
7:00 - 7:50
Risa (S1) ★ 65 ♥

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

FOREVER FIT
8:00 - 8:50
Teresa (S3) ★ 65 ♥

ZUMBA® GOLD
8:00 - 8:50
Cheri (S1) ★ 65 ♥

PILATES
10:30 - 11:20
Risa (S1) ★ 65 ♥

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

DANCE! LINE DANCE
10:30 - 11:20
Kathy L. (S2) ★ 65 ♥

STRENGTH
11:30 - 12:20
Kathy L. (S2) ★ 65 ♥

EXERCISE LITE
11:30 - 12:20
Angela (S1) ★ 65 ♥

THURSDAY

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

WALKING CLUB
8:00 - 9:00
Staff (ML) ★ 65 ♥

BARRE
8:00 - 8:50
Cheri (S2) ★ 65 ♥

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

SOMATICS
9:15 - 10:05
Linda (S1) ★ 65 ♥

ZUMBA®
9:15 - 10:20
Jeanne (MS) ★

CHAIR YOGA
10:15 - 11:05
Zy (S1) ★ 65 ♥

DANCE!
SPIRIT GROOVE
11:15 - 12:05
Adrienne/
Yvonne (S1) ★ 65 ♥

TAI CHI
11:15 AM - 12:05
Walter (S2) ★ 65 ♥

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

FRIDAY

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

HI/LO CARDIO
8:00 - 8:50
Staff (S1) ★ 65

FOREVER FIT
9:00 - 9:50
Teresa (S2) ★ 65 ♥

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

ZUMBA®
10:30 - 11:20
Kristyn (MS) ★

BENDER BALL®
10:30 - 11:20
Holly (S1) ★ 65 ♥

EXERCISE LITE
11:30 - 12:20
Mary Jo (S2) ★ 65 ♥

HATHA YOGA
11:45 - 1:05
Liz F. (S1) ★ 65

SATURDAY

HATHA YOGA
7:00 - 7:50
Shuwen (S1) ★ 65 ♥

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

**WALKING CLUB/
EXTENDED**
8:00 - 9:30
Staff (ML) ★ 65 ♥

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

STRENGTH
9:05 - 9:55
Risa (MS)

ZUMBA®
10:00 - 10:50
Tabatha (MS) ★ 65 5+

STRETCH
11:45 AM - 12:35
Carolyn M. (S1) ★ 65 ♥

SUNDAY

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

ZUMBA®
9:00 - 9:50
Kristyn (MS)

PILATES
9:00 - 9:50
Risa (S1) ♥

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

AQUA MIND BODY
10:00 - 10:50
Penny (IP) ★ 65 ♥

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



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MAGDALENA ECKE FAMILY YMCA Y ACTIVE ADULTS SCHEDULE | MAY 2019

AFTERNOON

MONDAY
AQUA FIT
2:00 - 2:50
Tracey (IP) ★♥
TAI CHI
12:30 AM- 1:20
Walter (S2) ★♥
ZUMBA®
5:30 - 6:20
Meg A. (MS) ★7+
GENTLE YOGA
6:15 - 7:35
Andrew J. (MU) ★♥7+

TUESDAY
GENTLE YOGA
12:30 - 1:50
Andrew J. (MS) ★♥
ZUMBA®
4:30 - 5:20
Vanessa (S1) ★7+
PILATES
6:00 - 6:50
Andrew J. (MS) ★♥7+
TAI CHI
6:30 - 7:20
Tom S. (S2) ♥7+
AQUA FIT
6:30 - 7:20
Christina (IP) ★♥10+
HATHA YOGA
7:00 - 7:50
Andrew J. (S1) ★♥7+

WEDNESDAY
AQUA FIT
2:00 - 2:50
Christina (IP) ★♥
HATHA YOGA
12:30 - 1:50
Carolyn M. (S1) ★♥

THURSDAY
GENTLE YOGA
12:30 - 1:50
Andrew J. (MS) ★♥
HATHA YOGA
4:30 - 5:20
Jennifer (MS)
ZUMBA®
5:30 - 6:20
Penny (S2) ★7+
TAI CHI
6:30 - 7:20
Tom S. (S2) ★7+
AQUA FIT
6:30 - 7:20
Stacey (IP) ★♥10+

FRIDAY
AQUA INTERVAL
2:00 - 2:50
Penny (IP) ★♥
GENTLE YOGA
12:30 - 1:20
Mary Jo (S2) ★♥
ZUMBA®
5:30 - 6:20
Tabatha (MS) ★7+

SATURDAY
ZUMBA®
12:05 - 12:55
Vanessa (MS) ★
CHAIR YOGA
12:15 - 1:05
Zy (S2) ★♥
GENTLE YOGA
5:00 - 5:50
Jennifer (S1) ★♥7+

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

KEY

- ★ **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

- (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