



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | SEPTEMBER 2019

MORNING

MONDAY

STRENGTH
7:00 - 7:50
Christy/Chase(S1)

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

HIIT
8:00 - 8:50
Chase (S1) I/A

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

STEP
9:00 - 10:20
Lynn (S2) I/A

STRENGTH
9:00 - 9:50
Dinah (MS) ★

ZUMBA®
10:00 - 10:50
Meg (MS) ★

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

TUESDAY

HIIT
5:30 - 6:20
Tracey (MS) I/A ♾

BARRE
8:00 - 8:50
Ginger (S3)

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

**WALKING CLUB/
EXTENDED**
8:00 - 9:15
Staff (ML) I/A

CXWORX™
8:10 - 8:50
Matt (S2)

BOSU®
8:15 - 9:05
Chase (S1) I/A

**DANCE!
CARDIO MIX**
9:00 - 9:50
Ginger (S3) I/A

**EXTREME FIT/
OUTDOORS**
9:00 - 9:50
Mandie (YA) I/A

CARDIO/STRENGTH
9:15 - 10:05
Lenska (S1)

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

BODYPUMP™
10:15 - 11:15
Kristin (MS)

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

WEDNESDAY

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

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

BARRE
8:00 - 8:50
Mandie (S2) I/A

BODYPUMP™
8:00 - 9:00
Julie (MS)

CARDIO BLAST
9:15 - 10:05
Julie (MS) I/A ♾

COREFIT
9:00 - 9:50
Mariah (S1) I/A

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

STRENGTH
11:30 - 12:20
Kathy (S2) ★ ♥

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

THURSDAY

BODYPUMP™
5:30 - 6:30
Kristin (MS) NEW

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

**WALKING CLUB/
EXTENDED**
8:00 - 9:15
Staff (ML) I/A

BODYPUMP™
8:00 - 9:00
Jeanne (MS)

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

STEP
9:05 - 10:05
Rebecca (S2) I/A

ZUMBA®
9:15 - 10:05
Jeanne (MS) ★

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

BARRE
10:15 - 11:05
Holly (S2)

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

FRIDAY

HIIT
5:30 - 6:10
Allison (S1) I/A

HI/LO CARDIO
8:00 - 8:50
Staff (S2) ★

BODYPUMP™
8:00 - 9:00
Matt (MS)

CXWORX™
8:10 - 8:50
Mariah (S1)

RUNNING CLUB
8:30 - 9:20
Maria (ML)

STEP
9:00 - 10:20
Holly R. (S1)

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

BARRE
9:00 - 9:50
Jina (S3)

CARDIO BLAST
9:15 - 10:05
Jen (MS) I/A ♾

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

ZUMBA®
10:30 - 11:20
Kristyn (MS) ★

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

SATURDAY

**EXTREME FIT/
OUTDOORS**
7:10 - 7:50
Julie (YA) I/A

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

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

BODYPUMP™
8:00 - 9:00
Julie (MS)

STRENGTH
9:10 - 9:50
Risa (MS)

STEP
10:00 - 10:50
Risa (S2)

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

HIIT
10:30 - 11:20
Denise R. (S1) I/A

BODYPUMP™
11:00 - 12:00
Staff (MS)

SUNDAY

BODYPUMP™
8:00 - 9:00
Halle (MS)

ZUMBA®
9:05 - 9:55
Kristyn (MS)

STEP
10:00 - 10:50
Risa (S2)

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
(MU) Multi Use
(YA) YMCA Arena
(CC) Camp Corral
(MB) Moonlight Beach

Please see reverse for key to class descriptor symbols.



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MONDAY
BODYPUMP™
 4:25 - 5:20
 Mariah (MS)

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

HIIT
 5:15 - 6:05
 Allison (S2) I/A 7+

BODYPUMP™
 6:30 - 7:30
 Matt (MS)

TUESDAY
ZUMBA®
 4:30 - 5:20
 Vanessa (S1) I/A

STEP
 5:30 - 6:20
 Al (S1) ★ 65+ 10+

ZUMBA® FAMILY
 7:00 - 7:50
 Tracy (MS) ★ 65+ 7+

WEDNESDAY
BODYPUMP™
 4:15 - 5:15
 Halle (MS)

COREFIT
 5:30 - 6:20
 Mindy (MS)

THURSDAY
ZUMBA®
 5:30 - 6:20
 Penny (S2) ★ 65+ 7+

BODYPUMP™
 6:30 - 7:30
 Suzanne (MS)

FRIDAY
ZUMBA®
 5:30 - 6:20
 Tabatha (MS) ★ 65+ 7+

SATURDAY
DANCE! FAMILY (7-12)
 11:15 - 12:00
 Vanessa (S2)

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

SUNDAY

AFTERNOON

KEY

LOCATIONS:

- (S1) Studio 1
- (S2) Studio 2
- (S3) Studio 3
- (MS) Mega Studio
- (CL) Cycling Loft
- (CP) Competition Pool
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GETTING STARTED

A great place to begin or restart your exercise program.



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.



PASS REQUIRED

Pass Required. Space is limited. Pick up pass at Courtesy Counter.



Children ages 5-12 and parent/guardian must actively participate together.



Children ages 7-12 and parent/guardian must actively participate together.



Children ages 10-12 and parent/guardian must actively participate together.



ACCUROFIT

Uses state-of-the-art heart rate monitoring technology.

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