



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA

MIND & BODY SCHEDULE | SEPTEMBER 2019

MONDAY

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

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

HATHA YOGA
9:00 - 10:20 AM
Gretchen (S1)

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

**FUSION YOGA/
PILATES**
11:30 AM - 12:20 PM
Carolyn (S2) ♥

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

HATHA YOGA
12:30 - 1:50 PM
Myriam (S1) I/A

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

VINYASA YOGA
6:30 - 7:50 PM
Denise (S2) 7+

TUESDAY

HATHA YOGA
6:00 - 6:50 AM
Hilary (S1)

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

PILATES
9:15 - 10:05 AM
Carolyn (MS) ★ 65

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

HATHA YOGA
11:00 AM - 12:20 PM
Jennifer (S2)

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

GENTLE YOGA
12:30 - 1:50 PM
Andrew (MS) ★ 65 ♥

HATHA YOGA
4:30 - 5:50 PM
Andrew (MS)

PILATES
6:00 - 6:50 PM
Andrew (MS)
★ 65 ♥ 7+

TAI CHI
6:30 - 7:20 PM
Tom (S2) ♥ 7+

HATHA YOGA
7:00 - 7:50 PM
Andrew (S1)
★ 65 ♥ 7+

WEDNESDAY

PILATES
6:00 - 6:50 AM
Andrew (S2)

STRETCH
7:00 - 7:50 AM
Risa (S1) ★ 65 ♥

HATHA YOGA
9:00 - 10:20 AM
Hilary (S2) I/A

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

GENTLE YOGA
10:30 - 11:50 AM
Jennifer (MS) ★ 65

HATHA YOGA
12:30 - 1:50 PM
Carolyn (S1) ★ 65 ♥

PILATES
6:00 - 6:50 PM
Andrew (S2) I/A 7+

VINYASA YOGA
6:30 - 7:50 PM
Teresa (MS) I/A 7+

POWER YOGA
7:00 - 8:20 PM
Sandrine (S2) I/A 7+

THURSDAY

HATHA YOGA
6:00 - 6:50 AM
Liz (S1)

STRETCH
8:00 - 8:50 AM
Myriam (S1) I/A

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

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

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

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

ADAPTIVE YOGA
12:15 - 1:20 PM
Carolyn (S2) ☺ 65

GENTLE YOGA
12:30 - 1:50 PM
Andrew (MS) ★ 65 ♥

HATHA YOGA
12:30 - 1:50 PM
Sherry (S1) I/A

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

TAI CHI
6:30 - 7:20 PM
Tom (S2) ★ 65 7+

HATHA YOGA
7:00 - 7:50 PM
Andrew (S1) ★ 65 7+

FRIDAY

POWER YOGA
6:00 - 6:50 AM
Tanya (S2)

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

HATHA YOGA
11:45 AM - 1:05 PM
Liz (S1) ★ 65

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

VINYASA YOGA
6:00 - 7:20 PM
Denise (S1) I/A 7+

SATURDAY

HATHA YOGA
7:05 - 7:55 AM
Shuwen (S2) ★ 65 ♥

HATHA YOGA
9:00 - 10:20 AM
Dee (S1) I/A

**KID FRIENDLY YOGA
(5-12)**
9:00 - 9:50 AM
Sara (S2)

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

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

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

SUNDAY

IYENGAR YOGA
7:05 - 8:25 AM
Heidi (S2)

PILATES
9:00 - 9:50 AM
Risa (S1) ♥

**AQUA MIND BODY
(5-12)**
10:00 - 10:50 AM
Penny (IP) ★ 65 ♥

POWER YOGA
10:15 - 11:35 AM
Sandrine/Kelly (S1) I/A

GENTLE YOGA
11:30 AM - 12:50 PM
Teresa (MS) ★ 65

HATHA YOGA
12:00 - 1:20 PM
Liz (S1)

RESTORATIVE YOGA
4:00 - 5:20 PM
Andrew (S1) ★ 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
- (MU) 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**

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KEY

- ★ 65 **GETTING STARTED**
A great place to begin or restart your exercise program.
- ★ 65 **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.

FOR MORE INFORMATION ON GROUP FITNESS:

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