## Water Exercise Schedule

**MAGDALENA ECKE FAMILY YMCA**
**WATER EXERCISE SCHEDULE | EFFECTIVE SEPTEMBER 3, 2019**

### Monday
- **AQUA FIT**
  - 8:00 - 8:50 AM
  - Celica (IP)
- **HYDROCORE**
  - 9:10 - 10:00 AM
  - Ashley (CP)
- **AQUA FIT**
  - 2:00 - 2:55 PM
  - Tracey (IP)

### Tuesday
- **AQUA FIT/DEEP**
  - 7:15 - 8:00 AM
  - Honey (CP)
- **HYDRO HEALING**
  - 11:15 AM - 12:05 PM
  - Adrienne (CP)
- **AQUA FIT**
  - 6:30 - 7:20 PM
  - Christina (IP)

### Wednesday
- **AQUA FIT/DEEP**
  - 7:15 - 8:00 AM
  - Helene (CP)
- **HYDROCORE**
  - 9:10 - 10:00 AM
  - Holly (CP)
- **AQUA FIT**
  - 9:00 - 9:50 AM
  - Penny (IP)

### Thursday
- **AQUA FIT/DEEP**
  - 7:15 - 8:00 AM
  - Vanessa (IP)
- **HYDRO HEALING**
  - 11:15 AM - 12:05 PM
  - Helene (IP)
- **AQUA FIT**
  - 6:30 - 7:20 PM
  - Stacey (IP)

### Friday
- **AQUA FIT**
  - 8:00 - 8:50 AM
  - Penny (IP)
- **AQUA INTERVAL**
  - 2:00 - 2:55 PM
  - Penny (IP)

### Saturday
- **AQUA FIT**
  - 9:00 - 9:50 AM
  - Penny (IP)
- **AQUA MIND BODY**
  - 10:00 - 10:50 AM
  - Penny (IP)

### Sunday
- **AQUA FIT**
  - 8:40 - 9:30 AM
  - Helene (CP)
- **AQUA MIND BODY**
  - 10:00 - 10:50 AM
  - Penny (IP)

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

### Key
- **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.
- **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
  - (MS) Multi Use
  - (YA) YMCA Arena
  - (CC) Camp Corral
  - (MB) Moonlight Beach

- 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.
- Sign up prior to class at Courtesy Counter.