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<th>DAY</th>
<th>Time</th>
<th>Class</th>
<th>Instructor Name</th>
<th>Notes</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>6:00 - 6:50</td>
<td>HATHA YOGA</td>
<td>Liz (S1)</td>
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<td>SOMATICS/STRENGTH</td>
<td>Linda (MS)</td>
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<td>8:00 - 8:50</td>
<td>HI/LO CARDIO</td>
<td>Lenska (S2)</td>
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<td>8:00 - 8:50</td>
<td>AQUA FIT/SOMATICS/STRENGTH</td>
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<td>WALKING CLUB</td>
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<td>FOREVER FIT</td>
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**REMINDEERS:**

- 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
MAGDALENA ECKE FAMILY YMCA
Y ACTIVE ADULTS SCHEDULE | SEPTEMBER 2019

**MONDAY**

**TAI CHI**
12:30 - 1:20
Walter (S2)

**AQUA FIT**
2:00 - 2:55
Tracey (IP)

**ZUMBA®**
5:30 - 6:20
Meg (MS)

**GENTLE YOGA**
6:15 - 7:35
Andrew (MU)


**TUESDAY**

**HYDRO HEALING**
11:15 - 12:05
Adrienne (IP)

**GENTLE YOGA**
12:30 - 1:50
Andrew (MS)

**ZUMBA®**
4:30 - 5:20
Vanessa (S1)

**PILATES**
6:00 - 6:50
Andrew (MS)

**TAI CHI**
6:30 - 7:20
Tom (S2)

**AQUA FIT**
6:30 - 7:20
Christina (IP)

**HATHA YOGA**
7:00 - 7:50
Andrew (S1)


**WEDNESDAY**

**HATHA YOGA**
12:30 - 1:50
Carolyn (S1)

**AQUA FIT**
2:00 - 2:55

**GENTLE YOGA**
12:30 - 1:50
Andrew (MS)

**ZUMBA®**
4:30 - 5:20

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

**GENTLE YOGA**
6:15 - 7:35
Andrew (MU)


**THURSDAY**

**HYDRO HEALING**
11:15 - 12:05
Mary Jo (S2)

**GENTLE YOGA**
12:30 - 1:50
Andrew (MS)

**ZUMBA®**
4:30 - 5:20
Vanessa (S1)

**TAI CHI**
6:30 - 7:20
Tom (S2)

**AQUA FIT**
6:30 - 7:20
Stacey (IP)

**HATHA YOGA**
7:00 - 7:50
Andrew (S1)


**FRIDAY**

**GENTLE YOGA**
12:30 - 1:20
Mary Jo (S2)

**AQUA INTERVAL**
2:00 - 2:55
Penny (IP)

**ZUMBA®**
5:30 - 6:20
Tabatha (MS)

**TAI CHI**
6:30 - 7:20
Tom (S2)

**HATHA YOGA**
7:00 - 7:50
Andrew (S1)


**SATURDAY**

**RESTORATIVE YOGA**
12:05 - 12:55
Vanessa (MS)

**CHAIR YOGA**
12:15 - 1:05
Zy (S2)

**GENTLE YOGA**
5:00 - 5:50
Jennifer (S1)


**SUNDAY**

**ZUMBA®**
12:05 - 12:55
Vanessa (MS)

**GENTLE YOGA**
5:00 - 5:50
Jennifer (S1)


* WATER EXERCISE CLASS TIMES ARE EFFECTIVE THROUGH JUNE 16

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**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.
- **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.**

(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