



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA Y ACTIVE ADULTS SCHEDULE | SEPTEMBER 2019

MORNING

MONDAY

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

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

HI/LO CARDIO
8:00 - 8:50
Lenska (S2) ★ 65

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

STRENGTH
9:00 - 9:50
Dinah (MS) ★ 65

ZUMBA®
10:00 - 10:50
Meg (MS) ★ 65

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 (MS) ★ 65 ♥

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

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

TAI CHI
10:15 - 11:05
Tom (S1) ★ 65 ♥

**DANCE!
SPIRIT GROOVE**
11:15 - 12:05
TC (S1) ★ 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 (S2) ★ 65 ♥

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

EXERCISE LITE
11:30 - 12:20
Dinah (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) ★ 65

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 ♥

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) ★ 65

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 (S1) ★ 65

SATURDAY

HATHA YOGA
7:05 - 7:55
Shuwen (S2) ★ 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
9:10 - 9:50
Risa (MS)

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

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

SUNDAY

IYENGAR YOGA
7:05 - 8:25
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)

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



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MAGDALENA ECKE FAMILY YMCA Y ACTIVE ADULTS SCHEDULE | SEPTEMBER 2019

AFTERNOON

MONDAY

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

AQUA FIT
2:00 - 2:55
Tracey (IP) ★ 65+ ♥

ZUMBA®
5:30 - 6:20
Meg (MS) ★ 65+ 7+

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

TUESDAY

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

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

ZUMBA®
4:30 - 5:20
Vanessa (S1) ★ 65+ 7+

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

TAI CHI
6:30 - 7:20
Tom (S2) ♥ 7+

AQUA FIT
6:30 - 7:20
Christina (IP) ★ 65+ ♥ 10+

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

WEDNESDAY

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

AQUA FIT
2:00 - 2:55
Christina (IP) ★ 65+ ♥

THURSDAY

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

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

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

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

TAI CHI
6:30 - 7:20
Tom (S2) ★ 65+ 7+

AQUA FIT
6:30 - 7:20
Stacey (IP) ★ 65+ ♥ 10+

FRIDAY

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

AQUA INTERVAL
2:00 - 2:55
Penny (IP) ★ 65+ ♥

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

SATURDAY

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

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

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

SUNDAY

RESTORATIVE YOGA
4:00 - 5:20
Andrew (S1) ★ 65+ ♥

* WATER EXERCISE CLASS TIMES ARE EFFECTIVE THROUGH JUNE 16

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.

- (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