



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | MARCH 2020

MORNING

MONDAY

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

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

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

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

STEP
9:00 - 9:50
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)

**STRENGTH/
BALANCE**
8:15 - 9:05
Chase (S1) I/A

ZUMBA®
9:15 - 10:05
Samantha (S1) ★

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

**EXTREME FIT/
OUTDOORS**
9:00 - 9:40
Mandie (YA) I/A

CARDIO/STRENGTH
9:00 - 9:50
Lenska (S2) ★

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

BODYPUMP™
10:15 - 11:15
Jeanne (MS)

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

WEDNESDAY

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
Jen (MS) I/A ⬆️

CORE FIT
9:00 - 9:50
Mariah/Chase (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
Angela (S1) ★ ♥

THURSDAY

BODYPUMP™
5:30 - 6:30
Staff (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
9:00 - 9:50
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 (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 - 9:50
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 ⬆️

ZUMBA®
10:30 - 11:20
Kristyn (MS) ★

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

SATURDAY

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®
10:00 - 10:50
Vanessa (MS) ★ 5+

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

BODYPUMP™
11:00 - 12:00
Danielle (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	(IP) Instructional Pool
(S2) Studio 2	(ML) Main Lobby
(S3) Studio 3	(MU) Multi Use
(MS) Mega Studio	(YA) YMCA Arena
(CL) Cycling Loft	(CC) Camp Corral
(CP) Competition Pool	(MB) Moonlight Beach

Please see reverse for key to class descriptor symbols.



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AFTERNOON

MONDAY

BODYPUMP™
4:25 - 5:20
Mariah (MS)

ZUMBA®
5:30 - 6:20
Meg (MS) ★ 65 7+

HIIT
5:15 - 5:55
Allison (S2) I/A 7+

BODYPUMP™
6:30 - 7:30
Danielle (MS)

TUESDAY

ZUMBA®
4:30 - 5:20
Vanessa (S1) I/A

STEP
5:30 - 6:20
Al (S1) ★ 65 10+

WEDNESDAY

BODYPUMP™
4:15 - 5:15
Halle (MS)

CORE FIT
5:30 - 6:20
Mindy (MS)

THURSDAY

ZUMBA®
5:30 - 6:20
Tracy (S2) ★ 65 7+

BODYPUMP™
6:30 - 7:30
Suzanne (MS)

KEY

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

LOCATIONS:

- | | | |
|------------------|-------------------------|----------------------|
| (S1) Studio 1 | (CL) Cycling Loft | (MU) Multi Use |
| (S2) Studio 2 | (CP) Competition Pool | (YA) YMCA Arena |
| (S3) Studio 3 | (IP) Instructional Pool | (CC) Camp Corral |
| (MS) Mega Studio | (ML) Main Lobby | (MB) Moonlight Beach |