



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA WATER EXERCISE SCHEDULE | MARCH 2020

MONDAY
AQUA FIT
8:00 - 8:50 AM
Charla (IP) ★⁶⁵ ♥
HYDROCORE
9:10 - 10:00 AM
Celica (CP) ⓘ
AQUA FIT
2:00 - 2:55 PM
Tracey (IP) ★⁶⁵ ♥

TUESDAY
AQUA FIT/DEEP
7:15 - 8:00 AM
Helene (CP) ★⁶⁵ ♥
AQUA FIT/DEEP
8:15 - 9:00 AM
Helene (CP) ★⁶⁵ ♥
HYDRO HEALING
11:15 AM- 12:05 PM
Adrienne (IP) ★⁶⁵ ♥
AQUA FIT
6:30 - 7:20 PM
Christina (IP)
★⁶⁵ ♥ ⓘ¹⁰⁺

WEDNESDAY
AQUA FIT
8:00 - 8:50 AM
Honey (IP) ★⁶⁵ ♥
AQUA FIT
2:00 - 2:55 PM
Christina (IP) ★⁶⁵ ♥

THURSDAY
AQUA FIT/DEEP
7:15 - 8:00 AM
Helene (CP) ★⁶⁵ ♥
AQUA FIT/DEEP
8:15 - 9:00 AM
Helene (CP) ★⁶⁵ ♥
HYDROCORE
9:10 - 10:00 AM
Holly (CP) ⓘ
HYDRO HEALING
11:15 AM- 12:05 PM
Hilary (IP) ★⁶⁵ ♥
AQUA FIT
6:30 - 7:20 PM
Stacey (IP) ★⁶⁵ ♥ ⓘ¹⁰⁺

FRIDAY
AQUA FIT
8:00 - 8:50 AM
Vanessa (IP) ★⁶⁵ ♥
AQUA INTERVAL
2:00 - 2:55 PM
Penny (IP) ★⁶⁵ ♥

SATURDAY
AQUA FIT/DEEP
8:40 - 9:30 AM
Helene (CP) ★⁶⁵ ♥

SUNDAY
AQUA FIT
9:00 - 9:50 AM
Penny (IP) ★⁶⁵ ♥
AQUA MIND BODY
10:00 - 10:50 AM
Penny (IP) ★⁶⁵ ♥

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

KEY

- ★⁶⁵ **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.
- 📞 Sign up prior to class at Courtesy Counter.

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 |