



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA

## Y ACTIVE ADULTS SCHEDULE | MARCH 2020

### MORNING

**MONDAY**

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

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

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

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

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**STRENGTH**  
9:00 - 9:50  
Dinah (MS) ★ 65

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**ZUMBA®**  
10:00 - 10:50  
Meg (MS) ★ 65

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**BENDER BALL®**  
10:30 - 11:20  
Dee (S1) ★ 65 ♥

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**DANCE!  
EXERCISE LITE**  
11:30 - 12:20  
Cheri (S1) ★ 65 ♥

**TUESDAY**

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

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**AQUA FIT/DEEP**  
7:15 - 8:00  
Helene (CP) ★ 65 ♥

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**WALKING CLUB**  
8:00 - 9:00  
Staff (ML) ★ 65 ♥

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**AQUA FIT/DEEP**  
8:15 - 9:00  
Helene (CP) ★ 65 ♥

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**STRETCH**  
8:15 - 9:05  
Carolyn (MS) ★ 65 ♥

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**CARDIO/STRENGTH**  
9:00 - 9:50  
Lenska (S2) ★ 65

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**ZUMBA®**  
9:15 - 10:05  
Samantha (S1) ★ 65 5+

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

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

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**TAI CHI**  
10:15 - 11:05  
Tom (S1) ★ 65 ♥

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

**WEDNESDAY**

**STRETCH**  
7:00 - 7:50  
Risa (S1) ★ 65 ♥

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

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**ZUMBA® GOLD**  
8:00 - 8:50  
Cheri (S1) ★ 65 ♥

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**PILATES**  
10:30 - 11:20  
Risa (S1) ★ 65 ♥

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**GENTLE YOGA**  
10:30 - 11:50  
Jennifer S. (MS)

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**DANCE! LINE DANCE**  
10:30 - 11:20  
Kathy (S2) ★ 65 ♥

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

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**EXERCISE LITE**  
11:30 - 12:20  
Angela (S1) ★ 65 ♥

**THURSDAY**

**AQUA FIT/DEEP**  
7:15 - 8:00  
Hilary (CP) ★ 65 ♥

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**WALKING CLUB**  
8:00 - 9:00  
Staff (ML) ★ 65 ♥

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**BARRE**  
8:00 - 8:50  
Cheri (S2) ★ 65

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**AQUA FIT/DEEP**  
8:15 - 9:00  
Helene (CP) ★ 65 ♥

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**SOMATICS**  
9:15 - 10:05  
Linda (S1) ★ 65 ♥

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**ZUMBA®**  
9:15 - 10:20  
Jeanne (MS) ★ 65

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**CHAIR YOGA**  
10:15 - 11:05  
Tracy (S1) ★ 65 ♥

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

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**TAI CHI**  
11:15 AM - 12:05  
Walter (S2) ★ 65 ♥

**FRIDAY**

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

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**HI-LO CARDIO**  
8:00 - 8:50  
Staff (S1) ★ 65

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**FOREVER FIT**  
9:00 - 9:50  
Teresa (S2) ★ 65 ♥

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**BENDER BALL®**  
10:00 - 10:50  
Holly (S1) ★ 65 ♥

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**ZUMBA®**  
10:30 - 11:20  
Kristyn (MS) ★ 65

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**EXERCISE LITE**  
11:30 - 12:20  
Mary Jo (S2) ★ 65 ♥

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**HATHA YOGA**  
11:45 - 1:05  
Liz (S1) ★ 65

**SATURDAY**

**HATHA YOGA**  
7:05 - 7:55  
Shuwen (S2) ★ 65 ♥

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**HI-LO CARDIO**  
8:00 - 8:50  
Suzanne (S1) ♥

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**WALKING CLUB/  
EXTENDED**  
8:00 - 9:30  
Staff (ML) ★ 65 ♥

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

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**STRENGTH**  
9:10 - 9:50  
Risa (MS)

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**ZUMBA®**  
10:00 - 10:50  
Vanessa (MS) ★ 65 5+

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

**SUNDAY**

**IYENGAR YOGA**  
7:05 - 8:25  
Heidi (S2)

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**ZUMBA®**  
9:00 - 9:50  
Kristyn (MS)

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**PILATES**  
9:00 - 9:50  
Risa (S1) ♥

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**AQUA FIT**  
9:00 - 9:50  
Penny (IP) ★ 65 ♥

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**AQUA MIND BODY**  
10:00 - 10:50  
Penny (IP) ★ 65 ♥

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**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

### 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 |

Please see reverse for key to class description symbols.



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# MAGDALENA ECKE FAMILY YMCA

## Y ACTIVE ADULTS SCHEDULE | MARCH 2020

### 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 ♥

**MEDITATION**  
7:00 - 7:50  
Daniel (Con C) ★ 65

**THURSDAY**

**HYDRO HEALING**  
11:15 - 12:05  
Hilary (IP) ★ 65 ♥

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

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

**ZUMBA®**  
5:30 - 6:20  
Tracy (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 ♥

**SATURDAY**

**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 ♥

### KEY

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

😊 **BABY FRIENDLY**  
Babies in stroller or carrier are allowed. No toddlers, please.

7+ Children ages 7-12 and parent/guardian must actively participate together.

I/A **INTERMEDIATE/ADVANCED**  
Higher intensity and advanced instruction provided.

♥ **Y ACTIVE ADULTS**  
Activities designed for older adults.

10+ Children ages 10-12 and parent/guardian must actively participate together.

5+ Children ages 5-12 and parent/guardian must actively participate together.

### 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  
(MU) Multi Use

(YA) YMCA Arena  
(CC) Camp Corral  
(MB) Moonlight Beach

(Con C) Conference Room C

\* WATER EXERCISE CLASS TIMES ARE EFFECTIVE THROUGH JUNE 16