



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT (AOA) FITNESS SCHEDULE

MAGDALENA ECKE FAMILY YMCA

MAY 2013

AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquafit 8:00-8:55 am Inst. Pool Charla	Meditation 7:00-7:50 am Studio 3 Hilary	Zumba® 6:45-7:35 am Studio 1 Shelby	Meditation 7:00-7:50 am Studio 1 Myriam	Aquafit 8:00-8:55 am Inst. Pool Barbara	SportWalk LITE Distance Class 8:00-9:30 am Meet in Lobby 1 Staff
Mindful Strength & Flexibility 8:00-8:50 am Mega Linda	Deep H2O 7:15-8:00 am Comp. Pool Tanya	Flexibility 7:30-8:20 am Mega Margaret	Deep H2O 7:15-8:00 am Comp. Pool Tanya	Hi/Lo Aerobics 8:00-8:50 am Studio 1 Staff	Deep H2O 8:15-9:10 am Comp. Pool Leslie
Hi/Low Impact Aerobics 8:00-8:50 am Studio 1 Staff	Deep H2O 8:15-9:00 am Comp. Pool Tanya	Aquafit 8:00-8:55 am Inst. Pool Honey	Deep H2O 8:15-9:00 am Comp. Pool Tanya	Forever Fit 9:00-9:50 am Studio 2 Teresa	Flexibility 11:45 am-12:35 pm Studio 1 Carolyn M.
Group Strength 9:00-9:50 am Mega Dinah	SportWalk LITE 8:00-9:00 am Meet in Lobby 1 Staff	Forever Fit 8:00-8:50 am Studio 2 Teresa	SportWalk LITE 8:00-9:00 am Meet in Lobby 1 Staff	BenderBall® Pilates 10:30-11:20 am Studio 1 Holly	SUNDAY
Power Flow Yoga 9:00-10:20 am Studio 2 Heidi	Flexibility 8:15-9:05 am Mega Carolyn M.	Zumba® Gold 8:00-8:50 am Studio 1 Cheri	Bender Barre 8:15-9:05 am Studio 1 Cheri	Aerobics & Strength 11:30 am-12:20 pm Studio 2 Mary Jo	Beginning Classical Yoga 6:45-8:05 am Studio 2 Heidi
Zumba® 10:00-10:50 am Mega Studio Patrice/Meg	Strength & Stretch 9:00-9:50 am Studio 2 Linda	Beginner Pilates 10:30-11:20 am Studio 1 Randi S.	Zumba® 9:00-9:50 am Mega Jeanne	Yoga Basics 11:45 am-1:05 pm Studio 1 Liz F.	Zumba® 9:00-9:50 am Mega Kristin K.
BenderBall® Pilates 10:30-11:20 am Studio 1 Kristin U.	Beginner Pilates 9:15-10:05 am Mega Carolyn M.	Line Dance 10:30-11:20 am Studio 2 Kathy L.	Somatic Flexibility 9:15-10:05 am Studio 1 Linda	Beginning Pilates 9:00-9:50 am Studio 1 Andrew	Aqua Yoga 9:00-9:55 am Inst. Pool Pamela
Aerobics & Strength 11:30 am-12:20 pm Studio 1 Cheri	Tai Chi 10:15-11:05 am Studio 1 Tom S.	Gentle Yoga 10:30-11:50 am Mega Jennifer	Strength & Chair Yoga 10:15-11:05 am Studio 1 Naomi	Aquafit 10:00-10:55 am Inst. Pool Kristin K.	
Pilates/Yoga Fusion 11:30 am-12:20 pm Studio 2 Carolyn M.	Hydro Healing 11:00-11:55 am Inst. Pool Bella/Adrienne	Group Strength 11:30 am-12:20 pm Studio 2 Kathy L.	Hydro Healing 11:00-11:55 am Inst. Pool Carolyn A.		
	Spirit Groove 11:15 am-12:05 pm Studio 1 Linda	Aerobics & Strength 11:30 am-12:20 pm Studio 1 Sue	Qigong/Tai Chi 11:15 am-12:05 pm Studio 2 Walter		
			Spirit Groove 11:15 am-12:05 pm Studio 1 Whitney/Yvonne		



ALL CLASSES ARE FREE FOR MEMBERS (NON-MEMBERS PAY DAY USE FEE).

Schedule subject to change. Questions? Call AOA Fitness Supervisor Sue Grant at 760.942.9622 x1571.



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MAY 2013 **PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Therapeutic Swim 1:00–2:00 pm Instructional Pool	Gentle Yoga 12:30–1:50 pm Mega Andrew	Yoga Basics 12:30–1:50 pm Studio 1 Carolyn M.	Gentle Yoga 12:30–1:50 pm Mega Andrew	Gentlest Yoga 12:30–1:20 pm Studio 2 Mary Jo	Zumba® 12:00–12:50 pm Mega Studio Meg A.
Aquafit 2:00–2:55 pm Inst. Pool Carolyn M.	Therapeutic Swim 1:00–3:00 pm Instructional Pool	Therapeutic Swim 1:00–2:00 pm Instructional Pool	Therapeutic Swim 1:00–3:00 pm Instructional Pool	Therapeutic Swim 1:00–2:00 pm Instructional Pool	Chair Yoga 12:15–1:05 pm Studio 2 Hilary
Zumba® 5:30–6:20 pm Studio 1 Meg A.	Zumba® 4:15–5:05 pm Studio 2 Penny	Aquafit 2:00–2:55 pm Inst. Pool Staff	Classical Yoga 4:30–5:20 pm Studio 1 Jennifer	Aqua Dance 2:00–2:55 pm Inst. Pool Tanya	SUNDAY Restorative Yoga 4:00–5:20 pm Studio 1 Andrew
Gentle Yoga 6:15–7:25 pm Multi Use Andrew	Tai Chi 6:00–6:50 pm Studio 1 Tom S.	Yoga 6:00–7:20 pm Studio 2 Naomi	Zumba® 5:30–6:20 pm Studio 1 Kristyn M.	Family Zumba® 5:30–6:20 pm Mega Studio Penny	
	Beginner Pilates 6:00–6:50 pm Mega Andrew		Tai Chi 6:30–7:20 pm Studio 1 Tom S.	Restorative Yoga 6:45–8:05 pm Studio 3 Liz F./Kym	
	Deep H2O 6:30–7:25 pm Inst. Pool Halle		Deep H2O 6:30–7:25 pm Inst. Pool Halle		
	Family Zumba® 7:00–7:50 pm Mega Studio Kristyn M.				



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