



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA CYCLING SCHEDULE | AUGUST 2016

<b>MONDAY</b>	<b>CYCLING</b> 5:15 - 6:45 AM Susanne (CL) <b>I/A</b>
	<b>CYCLING</b> 7:00 - 7:45 AM Karen (CL) <b>GS</b>
	<b>CYCLING</b> 8:00 - 8:45 AM Julie P. (CL) <b>GS</b>
	<b>CYCLING</b> 9:00 - 9:55 AM Robin (CL)
	<b>CYCLING</b> 5:15 - 6:10 PM Carolyn (CL) <b>10+</b>
<b>CYCLING</b> 6:30 - 7:15 PM Sascha (CL) <b>10+</b>	

<b>TUESDAY</b>	<b>CYCLING</b> 5:15 - 6:10 AM Patty K. (CL)
	<b>CYCLING</b> 7:00 - 7:45 AM Patty (CL) <b>GS</b>
	<b>CYCLING</b> 8:00 - 8:45 AM Mandie (CL) <b>GS</b>
	<b>CYCLING</b> 9:00 - 9:55 AM Laura (CL)
	<b>CYCLING</b> 11:30 AM - 12:15 PM Kristie (CL) <b>GS</b>
<b>CYCLING</b> 5:30 - 6:25 PM Steve (CL) <b>10+</b>	

<b>WEDNESDAY</b>	<b>CYCLING</b> 5:15 - 6:10 AM Wade (CL)
	<b>CYCLING</b> 7:00 - 7:45 AM Alicia (CL) <b>GS</b>
	<b>CYCLING</b> 8:00 - 8:45 AM Zephyr (CL) <b>GS</b>
	<b>CYCLING</b> 9:00 - 9:55 AM Patti M. (CL)
	<b>CYCLING</b> 5:15 - 6:10 PM Carolyn (CL) <b>10+</b>
<b>CYCLING</b> 6:30 - 7:25 PM Karen (CL) <b>10+</b>	

<b>THURSDAY</b>	<b>CYCLING</b> 5:15 - 6:10 AM Patty K. (CL)
	<b>CYCLING</b> 7:00 - 7:45 AM Mariah (CL) <b>GS</b>
	<b>CYCLING</b> 8:00 - 8:45 AM Pete (CL) <b>GS</b>
	<b>CYCLING</b> 9:00 - 9:55 AM Robin (CL)
	<b>CYCLING</b> 11:30 AM - 12:15 PM Julie P. (CL) <b>GS</b>
<b>CYCLING</b> 5:30 - 6:25 PM Cynthia (CL) <b>10+</b>	

<b>FRIDAY</b>	<b>CYCLING</b> 5:15 - 6:10 AM Laura/Suzanne (CL) <b>I/A</b>
	<b>CYCLING</b> 7:00 - 7:45 AM Steve (CL) <b>GS</b>
	<b>CYCLING</b> 8:00 - 8:45 AM Karen (CL) <b>GS</b>
	<b>CYCLING</b> 9:00 - 9:55 AM Julie P. (CL)
	<b>CYCLING</b> 5:15 - 6:10 PM Steve (CL) <b>10+</b>

<b>SATURDAY</b>	<b>CYCLING</b> 7:05 - 8:00 AM Carolyn (CL)
	<b>CYCLING</b> 8:10 - 9:05 AM Karen/Mandie (CL) <b>I/A</b>
	<b>CYCLING FAMILY</b> 9:20 - 10:15 AM Elizabeth (CL) <b>GS</b> <b>10+</b>

<b>SUNDAY</b>	<b>CYCLING</b> 8:00 - 8:45 AM Julie W. (CL) <b>GS</b>
	<b>CYCLING</b> 9:00 - 9:55 AM Rebecca/Kristie (CL)

## 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

## MONTHLY UPDATES:

- Member guests are welcome. Please get a guest pass from the Welcome Center. Exclusions apply.

## REMINDERS:

- **Schedule subject to change without prior notice**
- **Please check (website) for most up-to-date information and subs**

## KEY

- GS** **GETTING STARTED**  
A great place to begin or restart your exercise program.
- I/A** **INTERMEDIATE/ADVANCED**  
Higher intensity and advanced instruction provided.
- SMILE** **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.