



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA FAMILY FITNESS SCHEDULE | JULY 2016

MONDAY

STROLLER JAM
9:00 - 10:00 AM
Tracey (MB) ☺ 65+

LIL' BOUNCIN' BUDDIES (18MO-4)
10:30 - 11:20 AM
Carrie (S2)

TAI CHI
12:30 - 1:20 PM
Walter (S2) ♥ 7+

KIDS ONLY FIT
3:30 - 4:20 PM
Suzanne (MS) 5+

CYCLE
5:15 - 6:10 PM
Carolyn M. (CL) ★ 10+

ZUMBA®
5:30 - 6:20 PM
Meg A. (MS) ★ 7+

HIIT
5:30 - 6:20 PM
Allison (S2) I/A 7+

GENTLE YOGA
6:15 - 7:35 PM
Andrew J. (MU) ★ ♥ 7+

CYCLE
6:30 - 7:25 PM
Sascha (CL) ★ 10+

VINYASA YOGA
6:30 - 7:50 PM
Denise (S2) 7+

TUESDAY

KIDS ONLY FIT
3:30 - 4:20 PM
Han (MS) 5+

STEP
5:30 - 6:20 PM
AI (S2) ★ 10+

CYCLE
5:30 - 6:25 PM
Steve (CL) 10+

PILATES
6:00 - 6:50 PM
Andrew J. (MS) ★ ♥ 7+

TAI CHI
6:30 - 7:20 PM
Tom S. (S2) ♥ 7+

ZUMBA® FAMILY
7:00 - 7:50 PM
Tabatha (MS) ★ 7+

HATHA YOGA
7:00 - 8:20 PM
Andrew J. (S1) ★ ♥ 7+

DEEP WATER
7:30 - 8:25 PM
Halle (IP) ★ 10+

WEDNESDAY

STROLLER JAM
9:00 - 10:00 AM
Sue F. (MB) ☺ 65+

PRESCHOOL YOGA (3-5)
2:30 - 2:55 PM
Hilary (MS)

KID FRIENDLY YOGA (5-12)
3:00 - 3:50 PM
Hilary (MS) 5+

CYCLE
5:15 - 6:10 PM
Carolyn M. (CL) ★ 10+

PILATES
6:00 - 6:50 PM
Andrew J. (S2) I/A 7+

CYCLE
6:30 - 7:25 PM
Karen (CL) ★ 10+

VINYASA YOGA
6:35 - 7:55 PM
Teresa (MS) I/A 7+

HATHA YOGA
7:00 - 8:20 PM
Sandrine (S2) ★ 7+

THURSDAY

TAI CHI
11:15 - 12:05 PM
Walter (S2) ♥ 7+

ADAPTIVE YOGA
12:15 - 1:20
Carolyn M. (S2) ☺ 65+

KIDS ONLY FIT
3:30 - 4:20
Mandie (MS) 5+

ZUMBA®
5:30 - 6:20
Penny (MS) ★ 7+

CYCLE
5:30 - 6:25
Cynthia (CL) 10+

STRENGTH
5:30 - 6:20
Leslie (S2) ★ 7+

TAI CHI
6:30 - 7:20
Tom S. (S2) ★ 7+

HATHA YOGA
7:00 - 8:20
Andrew J. (S1) ★ 7+

DEEP WATER
7:30 - 8:25
Stacey (IP) ★ 10+

FRIDAY

CYCLE
5:30 - 6:25 PM
Steve (CL) 10+

ZUMBA® FAMILY
5:30 - 6:20 PM
Tabatha (S2) ★ 7+

VINYASA YOGA
6:00 - 7:20 PM
Denise (S1) I/A 7+

SATURDAY

KID FRIENDLY YOGA (5-12)
9:00 - 9:50 AM
Leila (S2)

CYCLE FAMILY
9:20 - 10:15 AM
Elizabeth (CL) ★ 10+

ZUMBA® FAMILY
10:00 - 10:50 AM
Tabatha (MS) ★ 5+

ZUMBA® KIDS JR. (AGES 4-8)
11:15 - 12:00 AM
Meg A. (S2)

SUNDAY

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

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.
- 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.

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**