



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA

GROUP CARDIO & STRENGTH SCHEDULE | AUGUST 2016

MORNING

MONDAY

STRENGTH
7:00 - 7:50
Chase/Kathy (S1)

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

HIIT
8:00 - 8:50
Chase (S1) I/A

STEP
9:00 - 10:20
Lynn K. (S2) I/A

STRENGTH
9:00 - 9:50
Dinah (MS) ★

STROLLER JAM
9:00 - 10:00
Tracey (MB) ☺ ★

ZUMBA®
10:00 - 10:50
Patrice/Meg (MS) ★

BODYPUMP™
11:00 - 12:00
Karen (MS)

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

TUESDAY

SANDBELL®
5:30 - 6:20
Tracey (S2) I/A

BARRE
8:00 - 8:50
Ginger (S3)

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

**WALKING CLUB/
EXTENDED**
8:00 - 9:15
Staff (ML) I/A

BOSU®
8:15 - 9:05
Chase (S1) I/A

**DANCE!
CARDIO DANCE**
9:00 - 9:50
Ginger (S3) I/A

FOREVER FIT
9:00 - 9:50
Linda (S2) ★ ♥

**EXTREME FIT/
OUTDOOR**
9:00 - 9:50
Mandie (YA) I/A

STRENGTH
9:15 - 10:05
Lenska (S1)

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

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

WEDNESDAY

ZUMBA®
7:05 - 7:55
Diane (MS)

FOREVER FIT
8:00 - 8:50
Teresa (S3) ★ ♥

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

BARRE
8:00 - 8:50
Mandie (S2) I/A

**BODYPUMP™
EXPRESS**
8:00 - 9:00
Jennifer B. (MS)

CARDIO BLAST
9:00 - 9:50
Karen (MS) I/A

STROLLER JAM
9:00 - 10:00
Sue F. (MB) ☺ ★

COREFIT
9:00 - 9:50
Leigh (S1)

DANCE! LINE DANCE
10:30 - 11:20
Kathy L. (S2) ★ ♥

STRENGTH
11:30 - 12:20
Kathy L. (S2) ★ ♥

EXERCISE LITE
11:30 - 12:20
Sue G. (S1) ★ ♥

THURSDAY

BODYPUMP™
5:30 - 6:20
Kristin (MS) I/A

BARRE
8:00 - 8:50
Cheri (S2) ★

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

**WALKING CLUB/
EXTENDED**
8:00 - 9:15
Staff (ML) I/A

BODYPUMP™
8:00 - 9:00
Christy (MS)

CARDIO BLAST
8:30 - 9:20
Karen (S3)

STEP
9:15 - 10:05
Rebecca (S2) I/A

ZUMBA®
9:15 - 10:20
Jeanne (MS) ★

**CHAIR YOGA/
STRENGTH**
10:15 - 11:05
Naomi (S1) ★ ♥

BARRE
10:15 - 11:05
Holly (S2)

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

FRIDAY

HIIT
6:45 - 7:35
Mandie (S1) I/A

HI/LO CARDIO
8:00 - 8:50
Staff (S1) ★

DANCE! BALLET FIT
8:00 - 8:50
Jina (S3)

**BODYPUMP™
EXPRESS**
8:00 - 8:50
Randi Y. (MS)

RUNNING CLUB
8:30 - 9:20
Maria (ML)

STEP
9:00 - 10:20
Holly R. (S1)

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

BARRE
9:00 - 9:50
Jina (S3)

CARDIO BLAST
9:15 - 10:05
Karen (MS) I/A

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

ZUMBA®
10:30 - 11:20
Kristyn (MS) ★

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

SATURDAY

**EXTREME FIT/
OUTDOOR**
7:00 - 7:50
Mandie/
Karen (YA) I/A

HI/LO CARDIO
8:00 - 8:50
Julie (S1) ♥

BARRE
8:00 - 8:50
Ginger (S2)

WALKING CLUB
8:00 - 9:30
Staff (ML) ★ ♥

BODYPUMP™
8:45 - 9:45
Risa (MS)

STEP
10:00 - 10:50
Risa (S2)

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

HIIT
10:30 - 11:20
Denise R. (S1) I/A

BODYPUMP™
11:00 - 12:00
Julie W. (MS)

SUNDAY

STEP
7:30 - 8:50
Leslie (S1)

**BODYPUMP™
EXPRESS**
8:00 - 8:50
Randi Y. (MS)

ZUMBA®
9:00 - 9:50
Kristin K. (MS)

STEP
10:00 - 11:20
Penny (S2)

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

Please see reverse for key to class descriptor symbols.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA GROUP CARDIO & STRENGTH SCHEDULE | AUGUST 2016

MONDAY

BODYPUMP™
4:30 - 5:25
Mariah (MS)

ZUMBA®
5:30 - 6:20
Meg A. (MS) ★ 65 7+

HIIT
5:30 - 6:20
Allison (S2) 1/A 7+

BODYPUMP™
6:30 - 7:30
Matt (MS)

TUESDAY

ZUMBA®
4:30 - 5:20
Bonnie (S2) ★ 65

STEP
5:30 - 6:20
Al (S2) ★ 65 10+

ZUMBA® FAMILY
7:00 - 7:50
Tabatha (MS) ★ 65 7+

WEDNESDAY

BODYPUMP™
4:15 - 5:15
Halle (MS)

COREFIT
5:30 - 6:20
Mindy (MS)

THURSDAY

ZUMBA®
5:30 - 6:20
Penny (MS) ★ 65 7+

STRENGTH
5:30 - 6:20
Leslie (S2) ★ 65 7+

BODYPUMP™
6:30 - 7:30
Julie (MS)

FRIDAY

COREFIT
5:00 - 5:50
Mariah (MS)

ZUMBA® FAMILY
5:30 - 6:20
Tabatha (S2) ★ 65 7+

SATURDAY

ZUMBA®
12:05 - 1:20
Meg. A (MS) ★ 65

SUNDAY

AFTERNOON

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.
- 1/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**