



JOIN US



Memorial Day Workout Schedule MAGDALENA ECKE FAMILY YMCA

Monday, May 29th
Facility Hours: 7:00 AM – 2:00 PM

Open & FREE to all in the San Diego community.
(Childcare Available)

SPECIAL GROUP CLASS & AQUA SCHEDULE - Regular schedule resumes on Tuesday.

STUDIO 1	STUDIO 2	STUDIO 3	MEGA STUDIO	LOFT
HIIT 8:00–8:50 am Chase Pilates 9:00–9:50 am Risa Yoga Flow 10:00–11:20 am Sandrine	Hi/Lo Cardio 8:00–8:50 am Lenska Strength 9:00–9:50 am Leslie CX WORX 10:00–10:40 am Risa	Somatics 8:00–8:50 am Linda Barre 9:00–9:50 am Ginger	BODYPUMP™ 8:00–9:00 am Julie Zumba Family 9:15–10:15 am Kristyn BODYPUMP™ 10:30–11:30 am Tisha	Cycling 8:00–8:50 am Steve Cycling 9:00–10:30 am Laura
			COMP POOL	INST POOL
			Lap Swim 7:00–1:45 pm	Family Swim 8:30–1:45 pm

Questions? Please contact Cheri Pogeler at cpogeler@ymca.org