



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOIN US



## Memorial Day Workout MAGDALENA ECKE FAMILY YMCA

Join us for a special holiday workout on Memorial Day with door prizes, snacks and **FREE CHILDCARE** (Child Watch Center only—Infant Center closed).

**MONDAY, MAY 25 | 5:00 am –4:00 pm | FREE TO THE COMMUNITY**

### CLASS SCHEDULE

STUDIO 1	STUDIO 2	STUDIO 3	MEGA STUDIO	CYCLING LOFT
8:15–9:05 am <b>ZUMBA</b> Jeanne	8:15–9:05 am <b>Bender Barre</b> Mandie	8:15–9:05 am <b>Yoga</b> Liz	8:15–9:05 am <b>Body Pump</b> Christy	8:00–8:55 am <b>Studio Cycling</b> Mariah
9:15–10:05 am <b>KettleworX</b> Kristin S.	9:15–10:05 am <b>Line Dancing</b> Kathy	9:15–10:05 am <b>Pilates</b> Kim		10:00–11:30 am <b>Studio Cycling</b> Laura
10:15–11:05 am <b>Zumba</b> Kristyn		10:15–11:05 am <b>Flexibility</b> Penny	10:15–11:05 am <b>Body Pump</b> Julie	<b>SPORTWALK</b> 8:15–9:45 am Bill

Questions? Please contact Cheri Pogeler at [cpogeler@ymca.org](mailto:cpogeler@ymca.org) or 760.942.9622 x1032