



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAGDALENA ECKE FAMILY YMCA MIND & BODY SCHEDULE | AUGUST 2016

## MONDAY

**HATHA YOGA**  
6:00 - 6:50 AM  
Liz F. (S3) ★ 65+ ♥

**SOMATICS  
STRETCH/  
STRENGTH**  
8:00 - 8:50 AM  
Linda (MS) ★ 65+ ♥

**HATHA YOGA**  
9:00 - 10:20 AM  
Gretchen (S1)

**BENDER BALL®**  
10:30 - 11:20 AM  
Kim (S1) ★ 65+ ♥

**FUSION YOGA/  
PILATES**  
11:30 AM - 12:20 PM  
Carolyn M. (S2) ♥

**TAI CHI**  
12:30 - 1:20 AM  
Walter (S2) ★ 65+ ♥

**HATHA YOGA**  
12:30 - 1:50 PM  
Myriam (S1) I/A

**GENTLE YOGA**  
6:15 - 7:35 PM  
Andrew J. (MU)  
★ 65+ ♥ 7+

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

## TUESDAY

**HATHA YOGA**  
6:00 - 6:50 AM  
Hilary (S1)

**MEDITATION**  
7:00 - 7:50 AM  
Hilary (S2) ★ 65+ ♥

**STRETCH**  
8:15 - 9:05 AM  
Carolyn M. (MS) ★ 65+ ♥

**PILATES**  
9:15 - 10:05 AM  
Carolyn M. (MS) ★ 65+

**TAI CHI**  
10:15 - 11:05 AM  
Tom S. (S1) ★ 65+ ♥

**HATHA YOGA**  
11:00 AM - 12:20 PM  
Jennifer S. (S2)

**DANCE!  
SPIRIT GROOVE**  
11:15 AM - 12:05 PM  
Charla (S1) ★ 65+ ♥

**GENTLE YOGA**  
12:30 - 1:50 PM  
Andrew J. (MS) ★ 65+ ♥

**HATHA YOGA**  
4:30 - 5:50 PM  
Andrew J. (MS)

**PILATES**  
6:00 - 6:50 PM  
Andrew J. (MS)  
★ 65+ ♥ 7+

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

**HATHA YOGA**  
7:00 - 8:20 PM  
Andrew J. (S1)  
★ 65+ ♥ 7+

## WEDNESDAY

**PILATES**  
6:00 - 6:50 AM  
Andrew (S2)

**STRETCH**  
7:00 - 7:50 AM  
Margaret (S1) ★ 65+ ♥

**HATHA YOGA**  
9:00 - 10:20 AM  
Hilary (S2) I/A

**PILATES**  
10:30 - 11:20 AM  
Randi S. (S1) ★ 65+ ♥

**GENTLE YOGA**  
10:30 - 11:50 AM  
Jennifer S. (MS)

**HATHA YOGA**  
12:30 - 1:50 PM  
Carolyn M. (S1) ★ 65+ ♥

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

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

**HATHA YOGA**  
7:00 - 8:20 PM  
Sandrine (S2) ★ 65+ 7+

## THURSDAY

**HATHA YOGA**  
6:00 - 6:50 AM  
Liz F. (S1)

**MEDITATION**  
7:00 - 7:50 AM  
Myriam (S1) ★ 65+ ♥

**STRETCH**  
8:00 - 8:50 AM  
Myriam (S1) I/A

**SOMATICS**  
9:15 - 10:05 AM  
Linda (S1) ★ 65+ ♥

**CHAIR YOGA/  
STRENGTH**  
10:15 - 11:05 AM  
Naomi (S1) ★ 65+ ♥

**TAI CHI**  
11:15 AM - 12:05 PM  
Walter (S2) ★ 65+ ♥

**DANCE!  
SPIRIT GROOVE**  
11:15 AM - 12:05 PM  
Adrienne/  
Yvonne (S1) ★ 65+ ♥

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

**GENTLE YOGA**  
12:30 - 1:50 PM  
Andrew J. (MS) ★ 65+ ♥

**HATHA YOGA**  
12:30 - 1:50 PM  
Sherry (S1) I/A

**HATHA YOGA**  
4:30 - 5:20 PM  
Jennifer (MS)

**TAI CHI**  
6:30 - 7:20 PM  
Tom S. (S2) ★ 65+ 7+

**HATHA YOGA**  
7:00 - 8:20 PM  
Andrew J. (S1) ★ 65+ 7+

## FRIDAY

**POWER YOGA**  
6:00 - 6:50 AM  
Stephanie (S2)

**BENDER BALL®**  
10:30 - 11:20 AM  
Holly (S1) ★ 65+ ♥

**HATHA YOGA**  
11:45 AM - 1:05 PM  
Liz F. (S1) ★ 65+

**GENTLE YOGA**  
12:30 - 1:20 PM  
Mary Jo (S2) ★ 65+ ♥

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

**RESTORATIVE YOGA**  
6:45 - 8:05 PM  
Liz F./Erin (S2) ★ 65+ ♥

## SATURDAY

**HATHA YOGA**  
7:00 - 7:50 AM  
Ron (S1) ★ 65+ ♥

**HATHA YOGA**  
9:00 - 10:20 AM  
Myriam (S1) I/A

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

**STRETCH**  
11:45 AM - 12:35 PM  
Carolyn M. (S1) ★ 65+ ♥

**CHAIR YOGA**  
12:15 - 1:05 PM  
Zy (S2) ★ 65+ ♥

**GENTLE YOGA**  
5:00 - 5:50 PM  
Jennifer (S1)

## SUNDAY

**IYENGAR YOGA**  
7:00 - 8:20 AM  
Heidi (S2)

**PILATES**  
9:00 - 9:50 AM  
Risa (S1) ♥

**AQUA MIND BODY  
(5-12)**  
9:00 - 9:55 AM  
Penny (IP) ★ 65+ ♥

**POWER YOGA**  
10:15 - 11:50 AM  
Sandrine/Kelly (S1) I/A

**GENTLE YOGA**  
11:30 AM - 12:50 PM  
Teresa (MS)

**HATHA YOGA**  
12:00 - 1:20 PM  
Liz F. (S1)

**RESTORATIVE YOGA**  
4:00 - 5:20 PM  
Andrew J. (S1) ★ 65+ ♥

**HATHA YOGA**  
5:00 - 6:20 PM  
Daryl (S2) I/A

## 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

- ★ **GETTING STARTED**  
A great place to begin or restart your exercise program.
- 5+ Children ages 5-12 and parent/guardian must actively participate together.
- I/A **INTERMEDIATE/ADVANCED**  
Higher intensity and advanced instruction provided.
- 7+ Children ages 7-12 and parent/guardian must actively participate together.
- ☺ **BABY FRIENDLY**  
Babies in stroller or carrier are allowed. No toddlers, please.
- 10+ Children ages 10-12 and parent/guardian must actively participate together.
- ♥ **Y ACTIVE ADULTS**  
Activities designed for older adults.