



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PILATES GROUP REFORMER FITNESS SCHEDULE

MAGDALENA ECKE FAMILY YMCA



MARCH 2015 HELD IN THE UPSTAIRS LOFT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00–9:50 am Carolyn	4:30–5:20 pm Carolyn	9:00–9:50 am Carolyn	2:00–2:50 pm Andrew	10:00–10:50 am Randi	10:30–11:20 am Carolyn
12:00–12:50 pm Andrew		12:00–12:50 pm Andrew			

Member Fees: \$30 per class | \$108 for a 4-pack | \$210 for an 8-pack

To reserve your place in Pilates Group Reformer classes, come by the Pilates Loft upstairs before or after one of our scheduled classes, or contact Carolyn Mack at 760.942.9622 x1023 or cmack@ymca.org. Payment for classes accepted at the Registration counter.

PLEASE BRING YOUR PAPER RECEIPT TO CLASS AND GIVE TO YOUR INSTRUCTOR.

ALL CLASSES TAUGHT BY CERTIFIED INSTRUCTORS.

If you are not at your class within 10 minutes of the start time, you will be charged and your spot will be given away.

Kindly cancel 24 hours in advance.



Schedule and fees subject to change. For more information, contact Carolyn Mack at 760.942.9622 x1023 or cmack@ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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SMALL GROUP TRAINING FITNESS SCHEDULE

MAGDALENA ECKE FAMILY YMCA



MARCH 2015 ALL CLASSES HELD IN THE WEST LOBBY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Glide 5:30-6:10 am Sascha	Glide 7:00-7:40 am Leanne	Glide 5:30-6:10 am Bev	Glide 7:00-7:40 am Leanne	Glide 9:00-9:40 am Carolyn	Glide Advanced Boot Camp 9:15-9:55 am Karen/Mandie
Glide 8:30-9:10 am Karen	Glide 9:15-9:55 am Julio	Glide 8:15-8:55 am Karen	Glide 9:15-9:55 am Julio		
Glide 9:30-10:10 am Karen	Kettlebell 10:00-10:40 am JP	Synergy 10:30-11:10 am Shannon	Glide Basics 10:30-11:10 am Edie		
Kettlebell 5:30-6:10 pm JP	Glide Advanced Boot Camp 6:15-6:55 pm Sascha		Kettlebell Adv. Boot Camp 6:30-7:10 pm JP		

ALL CLASSES TAUGHT BY CERTIFIED INSTRUCTORS.

Fee Per Class: \$22 member | \$28 non-member

SAVE BY PURCHASING IN BULK:

10 sessions for \$190/\$240 or 20 sessions for \$315/\$420!

To reserve your place in Small Group Training classes come by the Strength Training Center desk with proof of purchase and ask the instructor to sign you up. Payment for classes accepted at the Registration desk or Courtesy Counter 1.

PLEASE BRING YOUR PAPER RECEIPT TO CLASS AND GIVE TO YOUR INSTRUCTOR.

If you are not at your class within 10 minutes of the start time, you will be charged and your spot will be given away.

Kindly cancel 24 hours in advance.

Schedule and fees subject to change. Questions? Call Carolyn Mack at 760.942.9622 x1023 or cmack@ymca.org.

