



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORKOUT BEFORE YOU PORK OUT



Thanksgiving Workout MAGDALENA ECKE FAMILY YMCA

Open to all in the San Diego community (childcare available).

THURSDAY, NOVEMBER 26 | 6:00-11:00 AM

SPECIAL GROUP CLASS SCHEDULE—Regular schedule resumes on Friday.

STUDIO 1	STUDIO 2	STUDIO 3	MEGA STUDIO	LOFT	INST. POOL
Step 8:00-8:50 am Leslie	Barre 8:00-8:50 am Mandie	Classical Yoga 7:00-8:20 am Heidi	BODYPUMP™ 8:00-8:50 am Julie	Cycling 8:00-8:55 am Steve	Aqua Interval 9:00-9:55 am Penny
BOSU 9:00-9:50 am Chase	Pilates 9:00-9:50 am Holly	Family Yoga 9:00-9:55 am Leila	KettleWorX® 9:00-9:50 am Mindy	Cycling 9:00-10:30 am Laura	Aqua Mind Body 10:00-10:55 am Penny
Strength 10:00-10:50 am Christy			Family Zumba® 10:00-10:50 am Kristyn		COMP. POOL
					Master Swim 8:00-9:30 am
					OUTDOOR
					SportWalk 8:00-9:30 am Bill

Pool Hours: Instructional Pool open for family swim 7:00-9:00 am | Competition Pool open 6:00-11:00 am

Questions? Please contact Cheri Pogeler at cpogeler@ymca.org or 760.942.9622 x1032