



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA

WATER EXERCISE SCHEDULE | JUNE 13-Aug 28 2016

MONDAY
AQUA FIT
 8:00 - 8:55 AM
 Charla (IP) ★ 65+ ♥

AQUA FIT
 12:45 - 1:25 PM
 Carolyn M. (IP) ★ 65+ ♥

TUESDAY
DEEP WATER
 7:15 - 8:00 AM
 Barbara (CP) ★ 65+ ♥

DEEP WATER
 8:15 - 9:00 AM
 Helene (CP) ★ 65+ ♥

HYDRO HEALING
 12:00 - 12:45 AM
 Adrienne (IP) ★ 65+ ♥

DEEP WATER
 7:30 - 8:25 PM
 Halle (IP) ★ 65+ ♥ 10+

WEDNESDAY
AQUA FIT
 8:00 - 8:55 AM
 Honey (IP) ★ 65+ ♥

AQUA FIT
 12:45 - 1:25 PM
 Barbara (IP) ★ 65+ ♥

THURSDAY
DEEP WATER
 7:15 - 8:00 AM
 Barbara (CP) ★ 65+ ♥

DEEP WATER
 8:15 - 9:00 AM
 Barbara (CP) ★ 65+ ♥

HYDRO HEALING
 12:00 - 12:45 AM
 Helene (IP) ★ 65+ ♥

DEEP WATER
 7:30 - 8:30 PM
 Stacey (IP) ★ 65+ ♥ 10+

FRIDAY
AQUA FIT
 8:00 - 8:55 AM
 Barbara (IP) ★ 65+ ♥

AQUA INTERVAL
 12:45 - 1:25 PM
 Penny (IP) ★ 65+ ♥

SATURDAY
DEEP WATER
 8:20 - 9:15 AM
 Helene (CP) ★ 65+ ♥

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

AQUA FIT
 10:00 - 10:55 AM
 Kristin K. (IP) ★ 65+ ♥

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
- (MS) 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.
- IA **INTERMEDIATE/ADVANCED**
Higher intensity and advanced instruction provided.
- 😊 **BABY FRIENDLY**
Babies in stroller or carrier are allowed. No toddlers, please.
- ♥ **Y ACTIVE ADULTS**
Activities designed for older adults.
- 5+ Children ages 5-12 and parent/guardian must actively participate together.
- 7+ Children ages 7-12 and parent/guardian must actively participate together.
- 10+ Children ages 10-12 and parent/guardian must actively participate together.