



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAGDALENA ECKE FAMILY YMCA

Y ACTIVE ADULTS SCHEDULE | AUGUST 2016

MORNING

MONDAY

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

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

HI/LO CARDIO
8:00 - 8:50
Lenska (S2) ★ 65

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

STRENGTH
9:00 - 9:50
Dinah (MS) ★ 65

ZUMBA®
10:00 - 10:50
Patrice/Meg (MS) ★ 65

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

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

**DANCE!
EXERCISE LITE**
11:30 - 12:20
Cheri (S1) ★ 65 ♥

TUESDAY

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

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

WALKING CLUB
8:00 - 9:00
Staff (ML) ★ 65 ♥

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

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

FOREVER FIT
9:00 - 9:50
Linda (S2) ★ 65 ♥

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

**DANCE!
BODY RHYTHMS**
10:00 - 10:50
Adrienne (S2) ♥

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

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

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

WEDNESDAY

ZUMBA®
7:05 - 7:50
Diane (MS)

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

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

FOREVER FIT
8:00 - 8:50
Teresa (S3) ★ 65 ♥

ZUMBA® GOLD
8:00 - 8:50
Cheri (S1) ★ 65 ♥

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

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

DANCE! LINE DANCE
10:30 - 11:20
Kathy L. (S2) ★ 65 ♥

STRENGTH
11:30 - 12:20
Kathy L. (S2) ★ 65 ♥

EXERCISE LITE
11:30 - 12:20
Sue G. (S1) ★ 65 ♥

THURSDAY

MEDITATION
7:00 - 7:50
Myriam (S2) ★ 65 ♥

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

WALKING CLUB
8:00 - 9:00
Staff (ML) ★ 65 ♥

BARRE
8:00 - 8:50
Cheri (S2) ★ 65

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

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

ZUMBA®
9:15 - 10:20
Jeanne (MS) ★ 65

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

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

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

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

FRIDAY

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

HI/LO CARDIO
8:00 - 8:50
Staff (S1) ★ 65

FOREVER FIT
9:00 - 9:50
Teresa (S2) ★ 65 ♥

**DANCE!
BODY RHYTHMS/
EXTENDED**
10:00 - 10:50
Adrienne (S2) ♥

ZUMBA®
10:30 - 11:20
Kristyn (MS) ★ 65

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

EXERCISE LITE
11:30 - 12:20
Mary Jo (S2) ★ 65 ♥

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

SATURDAY

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

HI/LO CARDIO
8:00 - 8:50
Julie (S1) ♥

WALKING CLUB
8:00 - 9:30
Staff (ML) ★ 65 ♥

DEEP WATER
8:35 - 9:30
Helene (CP) ★ 65 ♥

ZUMBA® FAMILY
10:00 - 10:50
Tabatha (MS) ★ 65 5+

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

SUNDAY

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

ZUMBA®
9:00 - 9:50
Kristin K. (MS)

PILATES
9:00 - 9:50
Michelle (S1) ♥

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

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

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



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MAGDALENA ECKE FAMILY YMCA Y ACTIVE ADULTS SCHEDULE | AUGUST 2016

AFTERNOON

MONDAY

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

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

ZUMBA®
5:30 - 6:20
Meg A. (MS) ★★7+

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

TUESDAY

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

ZUMBA®
4:30 - 5:20
Bonnie (S2) ★★

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

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

TAI CHI
6:30 - 7:20
Tom S. (S2) ♥7+

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

ZUMBA® FAMILY
7:00 - 7:50
Tabatha (MS) ★★7+

WEDNESDAY

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

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

THURSDAY

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

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

ZUMBA®
5:30 - 6:20
Penny (MS) ★★7+

TAI CHI
6:30 - 7:20
Tom S. (S2) ★★7+

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

FRIDAY

GENTLE YOGA
12:30 - 1:20
Mary Jo (S2) ★★♥

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

ZUMBA® FAMILY
5:30 - 6:20
Tabatha (S2) ★★7+

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

SATURDAY

ZUMBA®
12:00 - 12:50
Meg. A (MS) ★★

CHAIR YOGA
12:15 - 1:05
Zy (S2) ★★♥

GENTLE YOGA
5:00 - 6:20
Lynda (S1)

SUNDAY

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

KEY

- (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

★ **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.

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**