

Hastings Lake YMCA 847-356-4006

Water Fitness Schedule

Fall September 5-October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Babysitting Hours Mon-Fri 8:30am-11:30pm 6:00pm-8:00pm Saturday 8:45am-11:30pm One Day A Week Members: \$48 Non Members: \$96 Two Days a Week Members: \$80 Non Members: \$160 Three Days a Week Members: \$144 NonMembers: \$288 Free classes are a first come first serve. Arrive 10 minutes prior to class. Class fee for traditional Water Fitness Non-Members is \$50
8:45 AM - 9:30 AM Aqua Zumba High Amy	8:45 AM - 9:30AM Aqua Fusion Medium Amy		8:45 AM - 9:30 AM H2O Flow High Amy	8:45 AM - 9:30 AM Dig Deep Aqua Cardio Amy	
9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Karen	9:45 AM - 10:30 AM Dig Deep Aqua Cardio Amy	9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Sandy		9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Sandy	
10:30 AM - 11:20 AM AFYAP Plus Medium Low Karen		10:30 AM - 11:20 AM AFYAP Plus Medium Low Sandy		10:30 AM - 11:20 AM AFYAP Plus Medium Low Sandy	
7:00 PM - 7:45 PM Ready Set Rock Medium Tammi	7:00 PM - 7:45 PM Merry Mash-Up Medium Jeri	7:00pm-7:45pm Ready Set Rock Medium Tammi	7:00 PM - 7:45 PM Deep Water Cadence Tammi		

For their health and safety, children must be 12 years old or older to participate in these classes.

Questions? Please contact Pam Soja, Aquatic Director, at 847-410-5319 or psoja@ymcachicago.org

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