

Hastings Lake YMCA 847-356-4006
Health & Wellness Schedule YOUTH
FEBRUARY 13-APRIL 9, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45:00 am-6:40am Core Strength Dede <i>cabin A</i>	5:45am-6:40am Circuit Training Cardio Dede <i>Cabin A</i>	5:45am-6:40am Strength & Condt Dede <i>Cabin A</i>		
8:30am-9:30am Yoga Sharon <i>Cabin B</i>	10:15am-11:10am Zumba Karen <i>Cabin B</i>			8:00am-8:55am Butts/Guts Dede <i>Cabin A</i>	8:30am-9:30am Yoga Chris <i>Cabin B</i>
9:45am-10:40am One and Done Cardio/Strength Dede <i>Cabin A</i>	11:15am-12:15am Gentle Yoga Sharon <i>Cabin B</i>	9:55am-10:50am Strength and Conditioning Amy <i>Cabin A</i>		9:00 am-9:55am Strength/Condt. Dede <i>Cabin A</i>	9:00am-10:00am One & Done Cardio/Strength Dede/Amy <i>Cabin A</i>
		11:00am-12:00pm Yoga Sharon <i>Cabin B</i>	10:15am-11:10am Zumba Amy <i>Cabin B</i>	9:00am-10:00am Vinyasa Yoga Sharon <i>Cabin B</i>	
6:00pm-6:55pm Cardio Kick/Strength Alesia <i>CabinA</i>	6:00pm-6:55pm Zumba Amanda <i>Cabin B</i>	3:34PM-4:00PM Youth Training Matt Fitness Center or Cabins	6:30pm-7:30pm Yoga Jean <i>Cabin B</i>		Sunday 12:00PM-12:45PM Youth Training Matt Fitness Center or Cabins
6:30pm-7:30pm Gentle Yoga Jean <i>Cabin B</i>	6:15pm-7:00pm Cycle Amy <i>Cabin A</i>	6:00pm-6:55pm Cardio Kick/Strength Alesia <i>Cabin A</i>		Babysitting Hours Mon-Fri 8:30am-11:30pm Mon.- Thurs 5:00pm-7:00pm Saturday 8:45am-11:30pm	Free classes are a first come first serve. Arrive 10 minutes prior to class. Youth 8-12 may attend select group fitness classes if supervised by a parent or guardian
	7:00pm-7:45pm Strength & Conditioning Amy				

YOGA: is a great compliment to any fitness routine as it promotes relaxation, increases strength and improves flexibility. This class is suitable for all fitness levels and no experience is necessary.

CROSS TRAINING: inspire and challenge your inner athlete; creating an environment that is structured to produce results. Drawing from multiple disciplines, Cross Training classes empower you to be a healthier you. Whether you are a loyal fan of kettlebells or a mud-run enthusiast, innovative programming keeps workouts both fun and challenging.

CORE STRENGTH: Challenge yourself with a workout focusing on all of the core muscles. Build your strength and your confidence in this class! Recommended for all fitness levels.

FULL BODY STRENGTH: This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. This class is suitable for all fitness levels and no experience is necessary.

CYCLE: Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. This class is suitable for all fitness levels and no experience is necessary.

ZUMBA: be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself in the music and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary.

SILVER SNEAKERS: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. This class is suitable for all fitness levels and no experience is necessary.

FULL BODY CONDITIONING: Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body strength workout along with cardio intervals and finish with core work and stretching.

VINYASA FLOW: Link your breath with movement in this flow yoga class that will build strength, increase flexibility and promote well-being. Basic yoga knowledge is recommended.