

# Hastings Lake YMCA 847-356-4006

## Water Fitness Schedule

### Winter

Monday	Tuesday	Wednesday	Thursday	Friday	<b>Babysitting Hours</b> <b>Mon-Fri</b> 8:30am-11:30am <b>Mon-Thu</b> 6:00pm-8:00pm <b>Saturday</b> 8:45am-11:30pm  <b>One Day A Week</b> Members: \$48 Non Members: \$96 <b>Two Days a Week</b> Members: \$80 Non Members: \$160 <b>Three Days a Week</b> 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
8:45AM - 9:30AM <b>Water Fitness</b> High Amy	8:45AM - 9:30AM <b>Aqua Fusion</b> Medium Amy		8:45AM - 9:30AM <b>H2O Flow</b> High Amy	8:45AM - 9:30AM <b>Dig Deep</b> Aqua Cardio\$\$ Amy	
9:45AM - 10:20AM <b>AFYAP Plus</b> Medium Arthritis Karen	9:45AM - 10:30AM <b>Dig Deep</b> Aqua Cardio\$\$ Amy	9:45AM - 10:20AM <b>AFYAP Plus</b> Medium Arthritis Sandy		9:45AM - 10:20AM <b>AFYAP Plus</b> Medium Arthritis Sandy	
10:30AM - 11:20AM <b>AFYAP Plus</b> Medium Low Karen		10:30AM - 11:20AM <b>AFYAP Plus</b> Medium Low Sandy		10:30AM - 11:20AM <b>AFYAP Plus</b> Medium Low Sandy	
7:00PM - 7:45PM <b>Ready Set Rock</b> Medium Tammi	7:00PM - 7:45PM <b>Merry Mash-Up</b> Medium Jeri	7:00pm-7:45pm <b>Arms and Abs</b> Medium Tammi	7:00PM - 7:4 PM <b>Deep Water\$\$</b> 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

Hastings Lake YMCA 1995 Grass Lake Road Lindenhurst, IL 60046 847-356-4006 [www.ymcachicago.org/hastingslake](http://www.ymcachicago.org/hastingslake)



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