

Hastings Lake Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:15am YOGA Cabin B, Steve		8:15-9:15am YOGA Cabin B, Steve	8am-9am TAI CHI BEGINNER Cabin B, Kelly	8:15-9:15am YOGA Cabin B, Steve	
8:30-9:30am TOTAL BODY Cabin A, Leah	9:30-10:30am TOTAL BODY Cabin A, Leah	8:30-9:30am WATER FITNESS Pool Tammi	9-10am TAI CHI INTERMED. Cabin B, Kelly	8:30-9:30am WATER FITNESS Pool Jeri	9:15-10:15am ZUMBA Cabin B, Darlene
8:30-9:30am WATER FITNESS Pool, Jeri	10:30-11:30am Rock Steady Boxing \$\$ Cabin A Leah	8:30-9:30am CYCLE Cabin A Leah Registration required	9:30-10:30am TOTAL BODY Cabin A, Leah	9:30-10:30am STRENGTH & CONDITIONING Cabin A, Rhonda	
9:30-10:30am STRENGTH & CONDITIONING Cabin A, Rhonda	11:15am-12:15 GENTLE YOGA Cabin B, Sharon	9:30-10:30am TOTAL BODY Cabin A, Leah	10-11am TAI CHI ADVANCED Cabin B, Kelly		
10:30-11:30 am ACTIVE OLDER ADULTS Cabin B, Rhonda		10:30-11:30 am ACTIVE OLDER ADULTS Cabin B, Karen	10:30-11:30am Rock Steady Boxing \$\$ Cabin A Leah		
		11:15am-12:15 YOGA Cabin B Sharon	11:15am-12:15 GENTLE YOGA Cabin B, Sharon		\$\$ INDICATES A PAID CLASS. PLEASE REGISTER AT THE FRONT DESK TO
		12:30-1:15 CHAIR YOGA Cabin B Sharon			
12:15-1:00pm DEEP WATER AFYAP Pool Karen		12:15-1:00pm DEEP WATER AFYAP Pool Karen			
1:15-2:00pm SHALLOW AFYAP Pool Karen		1:15-2:00pm SHALLOW AFYAP Pool Karen			
5-6pm CORE CARDIO Cabin A Cathy	5-6pm BOOT CAMP Cabin A, Rhonda	5-6pm ZUMBA Cabin B Cathy	5-6pm BOOT CAMP Cabin A Rhonda		
6-7 pm ZUMBA Cabin B, Cathy	6-7pm YOGA Cabin B Debra	6-7pm CYCLE Cabin A, Cathy	6-7pm ZUMBA Cabin B, Darlene		SCHEDULE AS OF 8/31/26

Our Yoga classes and Zumba classes are family friendly for children with parents ages 8 and up!

Online Reservation Not Required

Check our website or app for the most current information on substitutions & cancellations.

hastingslakeymca.org

For additional information or questions,
please call 847-356-4006.

hastingslakeymca.org



the power of **PLAY**

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS (Silver Sneakers): This class is designed to increase strength, range of movement, agility, balance, and coordination, and to improve older adult's functional capacities, physical fitness level, and sense of wellbeing.

ARTHRITIS SHALLOW WATER (AFYAP): Enjoy walking, stretching, and exercising in the warm pool water. Increase range of motion, balance, and posture with low-impact activities designed by the Arthritis Foundation YMCA Aquatic Program. A great continuation after rehab and joint surgeries. NOTE: fun and socialization are encouraged!

ARTHRITIS DEEP WATER (AFYAP): This class is designed to increase mobility, range of motion, and flexibility. The buoyancy provided by deep water reduces the effects of gravity on aching joints and muscles. Participants wear floatation belts and maintain a vertical position as they strengthen their core.

BOOT CAMP: A full body blasting workout for anyone, any age! It is designed to get that heart pumping and increase your muscular strength by the class!

CORE CARDIO: This isn't a time to be afraid of the word "cardio"! A fun class aimed to tone up your abdominal muscles, as well as working on enhancing one's cardiovascular endurance!

STRENGTH & CONDITIONING: Improve strength and balance. This class will focus on using dumbbells and body weight exercises to improve strength and help build muscle and improve balance for daily activities.

TAI CHI: is known as one of the most effective exercises for physical and mental well-being. This class is especially suitable and effective for individuals with arthritis. In this Tai Chi for Arthritis and Fall Prevention class, the focus is on improving balance and preventing falls. Tai Chi, also, helps to reduce pain and stress by increasing muscular strength and improving flexibility. **PLEASE NOTE THERE ARE BEGINNER, ADVANCED AND INTERMEDIATE LEVELS SEE SCHEDULE FOR TIMES**

TOTAL BODY: A full body workout incorporating a mix of resistance training and cardio exercises that target all major muscle groups designed to build muscle and improve cardio fitness.

WATER FITNESS: This class takes place in the shallow end of the pool and swimming ability is not required. The instructor utilizes different pieces of equipment and exercises which include aerobics, and movement at a pace and level of everyone.

YOGA: A workout that develops strength, and flexibility, and helps create a lean, total body while keeping students on the move. It combines a series of flowing postures with rhythmic breathing for a body-mind workout. Yoga is directed at creating the highest level of energy, vitality, and freedom. **FAMILY FRIENDLY**

ZUMBA: Ditch the workout and join the party! This class combines many different types of music and movement to help you burn calories and stay healthy! **FAMILY FRIENDLY**

ROCKSTEADY BOXING: **Parkinsons boxing class** Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease, a neurological condition that affects balance, strength, walking, and especially confidence. It's based on a foundation of non-contact boxing, and it's very effective for improving all of the symptoms that people with PD typically experience.

CYCLE: Indoor cycling is a full body workout designed to make you sweat and burn calories unlike any other workout. Improve your heart health and boost muscle endurance as the instructors leads the class with fun and motivating music.

CHAIR YOGA: This class is a gentle and supportive form of yoga that uses a chair for seated poses and balance support, making it a great option for all fitness levels, ages, and abilities. Improve flexibility, strength, balance, and relaxation in a welcoming and comfortable environment