

## Effective as of June 13 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:15am <b>YOGA</b> Cabin B Steve	9-10am <b>ACTIVE OLDER ADULTS</b> Cabin B Alyssa	8:15-9:15am <b>YOGA</b> Cabin B Steve	8-9am <b>CORE CARDIO</b> Cabin A Alyssa	8:15-9:15am <b>YOGA</b> Cabin B Steve	8-9am <b>BOOT CAMP</b> Cabin A Alyssa
8:30-9:30am <b>STRENGTH &amp; CONDITIONING</b> Cabin A Leah	9:30-10:30am <b>TOTAL BODY</b> Cabin A Leah	8:30-9:30am <b>WATER FITNESS</b> Pool Tammi	8:15-9am <b>TAI CHI BEGINNER</b> Cabin B Kelly	8:30-9:30am <b>WATER FITNESS</b> Pool Jeri	9:15-10:15am <b>ZUMBA</b> Cabin B Darlene
8:30-9:30am <b>WATER FITNESS</b> Pool Tammi	11:15am-12:15pm <b>GENTLE YOGA</b> Cabin B Sharon	9:30-10:30am <b>STRENGTH &amp; CONDITIONING</b> Cabin A Leah	9-10am <b>TAI CHI INTERMED</b> Cabin B Kelly	9:30-10:30am <b>STRENGTH &amp; CONDITIONING</b> Cabin A Rhonda	<b>NOTE the first Saturday of every month there is no Zumba</b>
9:30-10:30am <b>STRENGTH &amp; CONDITIONING</b> Cabin A Rhonda		11:15am-12:15pm <b>YOGA</b> Cabin B Sharon	9:30-10:30am <b>TOTAL BODY</b> Cabin A Leah		
10:30-11:30a <b>Rock Steady Boxing</b> Cabin A Alyssa (Paid class reg required)		12:30-1:15pm <b>DEEP WATER AFYAP</b> Pool Karen	10:30-11:30a <b>Rock Steady Boxing</b> Cabin A Alyssa (Paid class reg required)		
12:30-1:15pm <b>DEEP WATER AFYAP</b> Pool Karen		1:30-2:15pm <b>AFYAP</b> Pool Karen	10-11am <b>TAI CHI ADVANCED</b> Cabin B Kelly		
1:30-2:15pm <b>AFYAP</b> Pool Karen	5-6pm <b>BOOT CAMP</b> Cabin A Alyssa	5-6pm <b>CORE CARDIO</b> Cabin A Alyssa	11:15am-12:15pm <b>GENTLE YOGA</b> Cabin B Sharon		
5-6pm <b>CORE CARDIO</b> Cabin A Alyssa	6-7pm <b>YOGA</b> Cabin B Debra	6-7pm <b>BOOT CAMP</b> CabinA Alyssa	5-6pm <b>BOOT CAMP</b> Cabin A Alyssa		
6-7pm <b>CORE CARDIO</b> Cabin A Alyssa			6-7pm <b>ZUMBA</b> Cabin B Darlene		

**Online Reservation Not Required**

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

**[hastingslakeymca.org](http://hastingslakeymca.org)**

## 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 well being.

**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!

**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!

**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.

**STRENGTH & CONDITIONING:** Improve strength and tone up your muscles with this class. You will work on all muscle groups using exercise equipment or your own body strength!

**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.

**TOTAL BODY:** You will work both cardio and strength during this one-hour class. Various exercise equipment will be used to help you reach your fitness goals. \*High-intensity class.

### **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 each individual.

**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.

**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! \*Medium intensity class.

**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. ®

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

[hastingslakeymca.org](http://hastingslakeymca.org)



the power of **PLAY**