

Hastings Lake YMCA 847-356-4006

Health & Wellness Schedule

Pink highlight indicates schedule change as of 9/28/18					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am Yoga Sharon Cabin B	5:45am-6:40am Core Strength Alesia cabin A		5:45am-6:40am Strength & Conditioning Michael Cabin A	9:00am-10:00am Butts/Guts Chris Cabin A	8:30am-9:30am Yoga Chris Cabin B
	9:00am-10:00am			this class will run every other FRI Beg 10/12/18	9:00AM-10:00AM
10:10am-11:10am One & Done Michael Cabin A	Total Body Conditioning Bill cabin A High Intensity	9:00am-9:55am Cycle Amy Cabin A	9:00am-10:00am Total Body Conditioning Bill Cabin A High Intensity		
	9:30am-10:15am	9:55am-10:50am	10:00am-11:00am	8:00am-9:00am	9:00AM-10:00AM
9:45am-10:45am Yoga Sharon Cabin B	Silver Sneakers Alesia Cabin B	Strength and Conditioning Amy Cabin A	Circuit Amy Cabin B	Gentle Yoga Sharon Cabin B	Bills Boot Camp Babysitting cabin Bills Boot Camp This class will take place outside \$\$\$\$ this is a paid class
	10:15am-11:15am	11:00am-12:00pm	11:15am-12:00pm	10:10am-11:10am Strength & Cond. Michael Cabin A	
	Zumba Karen Cabin B	Yoga Sharon Cabin B	Silver Sneakers Amy Cabin B		
	11:20am-12:20am Gentle Yoga Sharon Cabin B		6:00pm-7:00pm Strong by Zumba Amanda Cabin A	9:00am-10:00am Vinyasa Yoga Sharon Cabin B	<u>modifications</u> Some classes are listed as high intensity and are not for beginners. <u>Free Classes</u> are a first come first serve basis. Arrive 10 minutes prior to class. Youth 8-12 may attend select group fitness classes if supervised by a parent or guardian actively
	6:05pm-7:00pm Zumba Amanda Cabin B				
6:05pm-7:00pm Cardio Kick/ Strength Alesia CabinA	6:15pm-7:00pm Cycle Amy Cabin A	5:00pm-5:45pm Kids Cardio Alesia Cabin A	6:30pm-7:30pm Yoga Chris Cabin B	Babysitting Hours Mon-Fri 8:30am-11:30pm 6:00pm-8:00pm	
6:30pm-7:30pm Gentle Yoga Chris Cabin B	7:05 pm-7:50: Strength Amy Cabin A	6:05pm-7:00pm Cardio Kick/ Strength Alesia Cabin A		Saturday 8:45am-11:30pm	

revised 8/26/18