

# Hastings Lake YMCA 847-356-4006

## Health & Wellness Schedule

				Pink highlight indicates schedule change	11/02/18
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am Yoga Sharon Cabin B	5:45am-6:40am Core Strength Alesia cabin A	9:00am-9:55am Cycle Amy 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
10:10am-11:10am One & Done Michael Cabin A	9:00am-10:00am Total Body Conditioning Bill cabin A <b>High Intensity</b>	9:55am-10:50am Strength and. Conditioning Amy Cabin A	9:00am-10:00am Total Body Conditioning Bill Cabin A <b>High Intensity</b>	<b>this class will run every other FRI Beg 10/12/18</b>	9:00AM-10:00AM One & Done Lauren Cabin A
9:45am-10:45am Yoga Sharon Cabin B	9:30am-10:15am Silver Sneakers Alesia Cabin B	10:00am-11:00am Tai Chi Kelly Cabin B BEGINS 11-14	10:15am-11:15am Circuit Amy Cabin B	8:00am-9:00am Gentle Yoga Sharon Cabin B	9:00AM-10:00AM Bills Boot Camp Babysitting cabin Bills Boot Camp This class will take place outside \$\$\$\$ this is a paid class
	10:15am-11:15am Cardio Circuit Amy Cabin B	11:00am-12:00pm Yoga Sharon Cabin B	11:15am-12:00pm Silver Sneakers Amy Cabin B	10:10am-11:10am Strength & Condnt. Michael Cabin A	
	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 Cardio Kick/ Strength Alesia CabinA	6:05pm-7:00pm Zumba Amanda Cabin B	5:00pm-5:45pm Kids Cardio Alesia Cabin A	6:30pm-7:30pm Yoga Chris Cabin B	<b>Babysitting Hours</b> Mon-Fri 8:30am-11:30pm 6:00pm-8:00pm	
6:30pm-7:30pm Gentle Yoga Chris Cabin B	6:15pm-7:00pm Cycle Amy Cabin A	6:05pm-7:00pm Cardio Kick/ Strength Alesia Cabin A		Saturday 8:45am-11:30pm	
	7:05 pm-7:50: Strength Amy Cabin A				

revised 8/26/18