

# Hastings Lake YMCA 847-356-4006

## Health & Wellness Schedule

				Pink highlight indicates schedule change	12/17/2018
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am <b>Yoga</b> Sharon Cabin B	5:45am-6:40am <b>Core Strength</b> Alesia cabin A	9:00am-9:55am <b>Cycle</b> Amy Cabin A	5:45am-6:40am <b>Strength &amp; Conditioning</b> Michael Cabin A	9:00am-10:00am <b>Butts/Guts</b> Chris Cabin A	8:30am-9:30am <b>Yoga</b> Chris Cabin B
10:10am-11:10am <b>One &amp; Done</b> Amy Cabin A	9:00am-10:00am <b>Total Body Conditioning</b> Bill cabin A <b>High Intensity</b>	9:55am-10:50am <b>Strength and. Conditioning</b> Amy Cabin A	9:00am-10:00am <b>Total Body Conditioning</b> Bill Cabin A <b>High Intensity</b>	this class will run every other FRI Beg 1/11/19	9:00AM-10:00AM <b>One &amp; Done</b> Lauren Cabin A
9:45am-10:45am <b>Yoga</b> Sharon Cabin B	9:30am-10:15am <b>Silver Sneakers</b> Alesia Cabin B	8:45am-9:40am <b>Tai Chi</b> Kelly Cabin B PHASE 1	10:15am-11:15am <b>Circuit</b> Amy Cabin B	8:00am-9:00am <b>Gentle Yoga</b> Sharon Cabin B	9:00AM-10:00AM <b>Bills Boot Camp</b> Babysitting cabin <b>Bills Boot Camp</b> This class will take place outside \$\$\$\$ this is a paid class
	10:15am-11:15am <b>Cardio Circuit</b> Amy Cabin B	9:50am-10:45am <b>Tai Chi</b> Kelly Cabin B PHASE 2	11:15am-12:00pm <b>Silver Sneakers</b> Amy Cabin B	10:10am-11:10am <b>Strength &amp; Condt.</b> Amy Cabin A	
	11:20am-12:20am <b>Gentle Yoga</b> Sharon Cabin B	11:00am-12:00pm <b>Yoga</b> Sharon Cabin B	6:00pm-7:00pm <b>Strong by Zumba</b> Amanda Cabin A	9:00am-10:00am <b>Vinyasa Yoga</b> 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 <b>Cardio Kick/ Strength</b> Alesia CabinA	6:05pm-7:00pm <b>Zumba</b> Amanda Cabin B	6:30pm-7:15pm <b>Chess lesson</b> Michael Cabin C (babysitting cabin)	6:30pm-7:30pm <b>Yoga</b> Chris Cabin B	<b>Babysitting Hours</b> <b>Mon-Fri</b> 8:30am-11:30am 6:00pm-8:00pm	
6:30pm-7:30pm <b>Gentle Yoga</b> Chris Cabin B	6:15pm-7:00pm <b>Cycle</b> Amy Cabin A	\$\$\$ Paid Class		<b>Saturday</b> 8:45am-11:30pm	
revised 1/16/19		5:00pm-5:45pm <b>Kids Cardio</b> Lauren Cabin B			
		6:05pm-7:00pm <b>Cardio Kick/ Strength</b> Alesia Cabin A			