

Hastings Lake YMCA 847-356-4006

Water Fitness Schedule

Fall

Monday	Tuesday	Wednesday	Thursday	Friday	Babysitting Hours Mon-Fri 8:30am-11:30am Mon-Fri 6:00pm-8:00pm One Day A Week Members: \$48 Non Members: \$96 Two Days a Week Members: \$96 Non Members: \$160 Free classes are a first come first serve. Arrive 10 minutes prior to class. Class fee for traditional Water Fitness Non-Members is \$50
8:45 AM - 9:30 AM Aqua Zumba High Amy	8:45 AM - 9:30 AM Aqua Fusion Medium Amy		8:45 AM - 9:30 AM H2O Flow High Amy	8:45 AM - 9:30 AM Dig Deep Aqua Cardio\$\$ Amy	
9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Karen		9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Karen		9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Jeri	
10:30 AM - 11:20 AM AFYAP Plus Medium Low Karen		10:30 AM - 11:20 AM AFYAP Plus Medium Low Karen		10:30 AM - 11:20 AM AFYAP Plus Medium Low Jeri	
7:00 PM - 7:45 PM Ready Set Rock Medium Tammi	7:00 PM - 7:45 PM Merry Mash-Up Medium Jeri	7:00pm-7:45pm Arms and Abs Medium Tammi			

For their health and safety, children must be 12 years old or older to participate in these classes.
 Questions? Please contact Pam Soja, Aquatic Director, at 847-410-5319 or psoja@ymcachicago.org

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