

# Hastings Lake YMCA 847-356-4006

## Health & Wellness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am <b>Yoga</b> Sharon Cabin B	5:45am-6:40am <b>Core Strength</b> Dede cabin A	5:45am-6:40am <b>Circuit Training</b> Cardio Dede Cabin A	5:45am-6:40am <b>Strength &amp; Condt</b> Dede Cabin A	8:00am-8:55am <b>Butts/Guts</b> Dede Cabin A	8:30am-9:30am <b>Yoga</b> Chris Cabin B
8:30am-9:30am <b>Wogging</b> Dede Meet in the parking lot of Hastings Lake Y	9:00am-10:00am <b>Total Body Conditioning</b> Bill cabin A <b>High Intensity class</b>	9:00am-9:55am <b>Cycle</b> Amy Cabin A	9:00am-10:00am <b>Total Body Conditioning</b> Bill Cabin A <b>High Intensity Class</b>	9:00 am-9:55am <b>Strength/Condt.</b> Dede Cabin A	9:00am-10:00am <b>One &amp; Done</b> Bill/Amy Cabin A changes instructors every other weekend
9:45am-10:40am <b>One and Done Cardio/Strength</b> Dede Cabin A	9:30am-10:15am <b>Silver Sneakers</b> Alesia Cabin B	9:55am-10:50am <b>Strength and. Conditioning</b> Amy Cabin A	9:00am-9:55am <b>Core Stretch</b> Dede Cabin B	9:00am-10:00am <b>Vinyasa Yoga</b> Sharon Cabin B	All classes offer modifications. Some classes are listed as high intensity and are not for beginners.
9:45am-10:45am <b>Yoga</b> Sharon Cabin B	10:15am-11:15am <b>Zumba</b> Karen Cabin B	11:00am-12:00pm <b>Yoga</b> Sharon Cabin B	10:15am-11:10am <b>Zumba</b> Amy Cabin B	6:15pm-7:00pm <b>Cycle</b> Jeanine Cabin A	
	11:20am-12:20pm <b>Gentle Yoga</b> Sharon Cabin B		11:15am-12:00pm <b>Silver Sneakers</b> Amy Cabin B		
	6:05pm-7:00pm <b>Zumba</b> Amanda Cabin B	5:00pm-5:45pm <b>Kids Cardio Kickboxing</b> Alesia Cabin A Ages 8-13	6:15pm-7:00pm <b>Cycle</b> Jeanine Cabin A	<b>Babysitting Hours</b> <b>Mon-Fri</b> 8:30am-11:30pm <b>Mon.- Thurs</b> 6:00pm-8:00pm <b>Saturday</b> 8:45am-11:30pm	
6:05pm-7:00pm <b>Cardio Kick/ Strength</b> Alesia CabinA	6:15pm-7:00pm <b>Cycle</b> Amy Cabin A	6:05pm-7:00pm <b>Cardio Kick/ Strength</b> Alesia Cabin A	7:05pm-7:50pm <b>Strength</b> Jeanine Cabin A		
6:30pm-7:30pm <b>Gentle Yoga</b> Chris Cabin B	7:05 pm-7:50: <b>Strength</b> Amy Cabin A		6:30pm-7:30pm <b>Yoga</b> Chris Cabin B		Free classes are a first come first serve. Arrive 10 minutes prior to class. Youth 8-12 may attend select group fitness classes if supervised by a parent or

revised 2/20/18

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