

Hastings Lake YMCA 847-356-4006

Water Fitness Schedule

Spring

Monday	Tuesday	Wednesday	Thursday	Friday	Babysitting Hours Mon-Fri 8:30am-11:30am Mon-Thur 6:00pm-8:00pm Saturday 8:45am-11:30pm One Day A Week Members: \$48 Non Members: \$96 Two Days a Week Members: \$80 Non Members: \$160 Three Days a Week Members: \$144 NonMembers: \$288 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 - 9:30AM 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 - 10:30 AM Dig Deep Aqua Cardio\$\$ Amy	9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Sandy		9:45 AM - 10:20 AM AFYAP Plus Medium Arthritis Sandy	
10:30 AM - 11:20 AM AFYAP Plus Medium Low Karen		10:30 AM - 11:20 AM AFYAP Plus Medium Low Sandy		10:30 AM - 11:20 AM AFYAP Plus Medium Low Sandy	
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	7:00 PM - 7:45 PM Deep Water\$\$ Cadence 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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