

Hastings Lake YMCA 847-356-4006

Health & Wellness Schedule

FALL/WINTER

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

revised 10/30/17

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